



Mentoring with  
**QUESTIONS**

Rowland Forman

An excerpt from *Mutual Mentoring for Life Transformation*



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## INTRODUCTION

Mentoring by using questions is more than just a good idea. It was the way the Master Mentor, our Lord Jesus Christ shaped the thinking and lives of his disciples. He often followed one question with several others. The first part of this mentoring resource is a call to emulate him by asking and listening before we teach and tell.

The art of skillful questioning does open a person up, but it is not presented in the belief that there is innate goodness in each individual. Rather it accepts that we are broken and can make people reflect and orient themselves to God's thoughts contained in the Scriptures.

The second section contains some **Basic Questions** you may wish to use as you try to become a more skillful mentor. I've been mentoring for many years now, and I still use variations of these uncomplicated questions. I'm naturally more of an answer-giver than question-giver and have had to learn the art of listening by essentially asking question after question. As you access these basic questions, consider merely asking question after question, and resist the temptation to jump in with answers.

The third part is an alphabetical sample of **Topical Questions**. Leadership teams have used these as a way of getting to know each other. They pick a topic and ask each leader to briefly give their answers and follow that with prayer, then move on to another question at the next meeting. Others have worked their way through the list and used them as a springboard to delve into Scripture passages that address that topic.

The best compliment I receive as a mentor-friend is when someone says, "Thank you. You are a really good listener." What they may not realize is that the long pathway to becoming a listener has multiple question marks at

every bend. My prayer is that this mentoring resource might nudge you become more like Jesus – the Master Questioner.

## WHY MENTOR WITH QUESTIONS?

*When they had finished eating, Jesus said to Simon Peter,*

*“Simon son of John,*

*do you truly love me more than these?”*

—John 21:15

**“Nothing hooks us and pries us open quite like a question. A key attitude of prayer is listening, and what we listen for most are God’s questions: ‘Where are you?’ ‘Where is your brother?’ ‘Where are the other nine?’ ‘Why do you call me Lord, Lord and not do the things I say?’ ‘Who do you say I am?’”<sup>1</sup>**

—Mark Buchanan

One thing that reveals an unselfish listening attitude in a mentoring relationship is when our default setting is to ask questions rather than give answers. The Master Mentor, Jesus, exemplified that. Sometimes he would follow someone’s question with yet another of his own. For example, when the Pharisees quizzed Jesus on paying taxes to Caesar, Jesus followed their question with several of his own: *Tell us then, what is your opinion? Is it right to pay taxes to Caesar or not? You hypocrites, why are you trying to trap me? Whose portrait is this? And whose inscription?*<sup>2</sup>

On other occasions, Jesus employed questions to probe a little deeper into the lives of his followers. Consider this sample:

*You of little faith, why are you so afraid?*<sup>3</sup>

*Why do you worry?*<sup>4</sup>

*Can you drink the cup I am going to drink?*<sup>5</sup>

*Who do you say that I am?*<sup>6</sup>

*Who was the neighbor?*<sup>7</sup>

*Were not all ten cleansed? Where are the other nine?*<sup>8</sup>

*What do you want me to do for you?*<sup>9</sup>

*Do you want to get well?*<sup>10</sup>

*Simon, son of John, do you truly love me more than these?*<sup>11</sup>

Even if you are a born answer-giver, you can learn to be a good listener. And if you are relatively unskilled in the art of posing perceptive questions, you can develop that skill. Evaluate your proficiency in asking questions from this list of mistakes:

**Closed Questions:** These usually contain an obvious answer such as “Yes” or “No” and invariably shut the conversation down. They have their place in the early days of your mentoring partnership (such as asking how many children they have, providing you know they have some!). Even then a more open question such as, “Tell me about your family” is a better way to go.

**Leading Questions:** Sometimes these can be manipulative, for example, “How would you describe that? Confused?” Questions that require a right answer or a right number of answers need to be weeded out as well. I recall driving along the highway in Dallas en route to the airport. One of my seminary friends was sitting in the rear seat of our old beaten-up Cadillac with our son. He asked him, “What were the seven highlights of your two years here in the United States?” My son gave one or two answers then left it wisely at that. “What were some highlights of your time in the US?” would have been more appropriate.

**Multiple Questions:** However good your questions are, they need to stand alone. I attended a church leadership conference and still cringe

when I think about the questions of an interviewer to a distinguished panel of leaders. He asked, “How do you care for your own soul while caring for others?” A great question! It became clouded when he continued without a pause: “How have you failed to look after yourself in your leadership role?” and “Why do you think leaders neglect to engage in personal soul care?” The audience laughed when the first panelist said, “Which question do you want me to answer?” Undeterred the interviewer proceeded to reframe all three questions!

“Closed,” “leading,” and “multiple” questions reveal a lack of skill in the art of questioning. What then constitutes a great question? In *Leading with Questions*, author and business leader Michael Marquardt offers the following benefits of great questions. They:

“Cause the person to focus and to stretch”

“Create deep reflection”

“Challenge taken-for-granted assumptions that prevent people from acting in new...ways”

“Generate courage and strength”

“Lead to breakthrough thinking”

“Contain the keys that open the door to great solutions”

“Enable people to better view the situation”

“Open doors in the mind and get people to think more deeply”

“Test assumptions and cause individuals to explore why they act in the way they do

“Generate positive and powerful action”<sup>12</sup>

So how do you hone your asking skills as you aim to go from poor, to good, to great, as a mutual mentor? Journalism’s “Five ‘W’s and an ‘H’” are a good place to start: Why? Who? Where? What? When? and How? But there’s something a bit mechanical about merely applying those in a mentoring relationship. Here are three things I have learned as I seek to become a

more skillful questioner: asking generally, asking specifically, and asking perceptively.

### **Ask Generally**

A few years ago, I had the privilege of interviewing John Mallison in Sydney, Australia. He had just retired after many years as a mentor and author. Humbly, he put all his material onto a website: [www.johnmallison.com](http://www.johnmallison.com). I had a video crew ready to record our interview, but before the video shoot, John and I had coffee together. I asked him what he had learned about the art of asking questions. He said, “Oh, my approach is really simple. I just ask, ‘How are you doing?’” John follows that very general question up (if necessary) with, “How are you doing emotionally?” “How are you doing spiritually” or “How are you doing physically?” Then based on how the person answers, he asks other questions. I’ve employed that simple approach again and again. Occasionally I throw in a twist to that general question, “How are you being?” (which usually elicits a smile). In other words, I want to probe, not what the person has done, but how they really are.

The risen Lord Jesus asked a couple of general questions when he strolled alongside two of his confused disciples on the Emmaus Road. He asked, *What are you discussing together?* and when they quizzically replied, *Are you only a visitor to Jerusalem and do not know the things that have happened here in these days?* rather than answering them, he asked a second general question: *What things?*<sup>13</sup>

### **Ask Specifically**

As you get to know each other, come ready to ask questions that relate to where the person is up to at that stage of their spiritual pilgrimage. Jesus did that. In John 21, when Jesus prepared breakfast on the beach for his disciples, three times over, he asked variations of the question, *Do you love me more than these?*<sup>14</sup> While that sounds like a closed question that merely needed a yes or no answer, it was a very pointed question when you think of the events prior to Jesus’ crucifixion. When Jesus announced he was on the way to be crucified, Peter proffered his undying love to Jesus. All the other eleven disciples might desert Jesus, but not him. Jesus predicted

that before a rooster crowed twice, Peter would deny him three times.<sup>15</sup> Tragically that came true. Now during breakfast on the beach, Jesus' three questions mirrored Peter's three denials and probed the extent of Peter's love. Questions like that require insight and deep trust.

As you develop the ability to ask intuitive and appropriate questions, it's also helpful to access, or memorize a series of questions that fit your situation. Keith Farmer suggests these questions:

**“Spirituality:** How are you and God doing?”

**“Relationships:** How are you doing with those closest to you?”

**“Emotions:** How are you doing emotionally?”

**“Rhythms:** What rhythms have you established that will help you live well?”

**“Vulnerabilities:** If Satan was to take you out, how would he be likely to do it?”<sup>16</sup>

When I prepare for my next mentoring meeting, I pray and then gather questions such as the ones above. I keep the questions in mind but hold them very loosely. I've tried the list of 20 accountability questions that ends up with the question that always gets a laugh: “Have you been lying to me?” The approach of laboriously going through a long list of questions seems a bit too much like an interrogation. A more important task is to develop the art and skill of probing questions. Tony Stoltzfus in *The Coaching Process* follows up his questions with these great extender questions:

“Tell me a little more about that.”

“Give me some background that led up to this situation,”

“What did you mean when you said \_\_\_\_\_?”

“What would be the most important for us to focus on?”

“How did that happen?”<sup>17</sup>

Author Parker Palmer describes the time he was given the opportunity to become the president of a small educational institution. He called on a “clearness committee” (half a dozen trusted friends) that refrained from

giving advice, but merely asked questions. Here's his description of the encounter:

“For a while, the questions were easy, at least for a dreamer like me: What is your vision for this institution? What is its mission in the larger society? How would you change the curriculum? How would you handle decision making? What about dealing with conflict?

“Halfway into the process, someone asked a question that sounded easy but turned out to be very hard: “What would you like most about being a president?”

“The simplicity of that question loosed me from my head and lowered me into my heart. I remember pondering for at least a full minute before I could respond....

“‘Well,’ said I, in the smallest voice I possess, ‘I guess what I’d like most is getting my picture in the paper with the word *president* under it.’

“...Finally, my questioner broke the silence with a question that cracked all of us up—and cracked me open: ‘Parker,’ he said, ‘can you think of an easier way to get your picture in the paper?’”<sup>18</sup>

In our mentoring relationships, we need to model ourselves on that “clearness committee”—where we discipline ourselves to listen well and ask questions rather than jump to giving answers.

### **Ask Perceptively**

Knowing each other, regardless of your group size, is of the essence, and preparing questions beforehand, or having a stock of prepared questions is a great way to develop the skill of questioning in your mentoring relationship. However, both of those approaches can become a bit mechanical. A third way to approach the questioning process is to simply depend on the Holy Spirit to lead you. This harmonizes with the concept of praying before, during and after your mentoring session.

According to the Lord Jesus, one of the roles of the Holy Spirit is to lead us into all truth. How important it is then to seek the Spirit’s guidance before

we meet on which questions to ask, or to ask him to prompt us when we meet to ask perceptive questions.

Developing the skill of asking good questions calls firstly for the right attitude: we need to be genuinely interested in the other person or persons, probing to find out more about them, and asking questions to help them clarify their own thinking. Secondly, we can hone our ability to ask questions by utilizing general and specific questions—to use intuitively or purposefully. Thirdly, we will develop this skill as we humbly ask the Holy Spirit to guide us. As we do that, I believe that Linda Miller and Chad Hall’s prediction will be realized: “Questions that are based on focused listening, that are worded carefully, and that are well-timed can catapult a person forward in discovery and action.”<sup>19</sup>

Why mentor with questions? As *Mutual Mentoring for Life Transformation* has attempted to show, one huge benefit is that it orients you to the other person, and in the process slows you down to listen. In mentoring relationships, so many of us have what John Ortberg calls “hurry sickness,” and are more answer-givers than attentive listeners.

Another reason for honing the art of mentoring with questions is the example of the Master Mentor, Jesus. Bob Tiede’s E-Book, *339 Questions Jesus Asked*<sup>20</sup>, demonstrates that good questions are more powerful than good answers. In fact, Jesus’ first recorded words were questions to his mother, Mary: “Why were you searching for me? Didn’t you know that I had to be in my Father’s house?”

Consider this sample from Herman Horne’s classic work, *Jesus the Teacher* with some of Jesus’ questions from the first third of his ministry.<sup>21</sup>

### **Why? Questions:**

Matthew 9:4

*Why do you entertain evil thoughts in your hearts?*

Matthew 6:28

*And why do you worry about clothes?*

Matthew 7:3

*Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?*

Luke 2:49

*Why were you searching for me?*

John 2:4

*Woman, why do you involve me?*

Luke 5:22–23

*Why are you thinking these things in your hearts? Which is easier to say, 'Your sins are forgiven,' or to say, 'Get up and walk'?*

### **How? Questions:**

Matthew 5:13

*You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again?*

Matthew 12:29

*Or again, how can anyone enter a strong man's house and carry off his possessions unless he first ties up the strong Man?*

Mark 3:23

*How can Satan drive out Satan?*

John 3:12

*I have spoken to you of earthly things, and you do not believe; how then will you believe if I speak of heavenly things?*

John 5:44

*How can you believe since you accept glory from one another, but do not seek the glory that comes from the only God?*

John 5:47

*But since you do not believe what he wrote, how are you going to believe what I say?*

### **What? Questions:**

Matthew 11:16

*To what can I compare this generation?*

### **Who? Questions:**

Matthew 7:9

*Which of you, if his son asks for bread, will give him a stone?*

Matthew 12:27

*And if I drive out demons by Beelzebub, by whom do your people drive them out?*

Matthew 12:48

*Who is my mother, and who are my brothers?*

A friend once asked Isidor I. Rabi, a Nobel Peace Prize winner in science, how he became a scientist. Rabi replied that every day after school his mother would talk to him about his school day. She wasn't so much interested in what he had learned that day, but she always inquired, "Did you ask a good question today?" "Asking good questions," according to Isidor Rabi, "made me a scientist."<sup>22</sup> Based on the example of the Lord Jesus with his Twelve, asking good questions made them better disciples.

Here are two lists of questions that may help you become a better listener:

**Basic Mentoring Questions** and **Topical Questions**.

## **BASIC MENTORING QUESTIONS**

Consider using the following list of Basic Mentoring Questions—maybe even memorizing them at the start of your journey toward becoming a better listener. Once you are familiar with them, you will know intuitively which ones to ask.

### **Ask Generally**

How are you doing?

How are you doing—really?

How is your soul?

Would you like to tell me more?

### **Ask Specifically<sup>23</sup>**

How are you doing spiritually?

How connected are you to Christ?

How connected are you to God's Word?

How would you describe your prayer life at present?

How would you describe a time when you felt especially close to God?

How are you doing relationally?

How would your spouse/closest friend describe your relationship with them?

How would your children describe your relationship with them?

How would those you work with describe your relationship with them?

Who are your replenishing friends?

How are you doing physically?

What is your level of fitness at present?

What physical concerns do you have?

To what extent do you have adequate rest?

To what extent have you been overly tired or fatigued in the last month?

How are you doing emotionally?

How would those closest to you describe your emotional state?

To what extent do you mask your real emotions?

To what extent do you feel discouraged or disillusioned?

How are you doing with life's rhythms?

How would you describe your daily rhythm?

What is your weekly rhythm—relating to six days of work and one of rest?

What is your annual rhythm relating to vacations?

What are your vulnerabilities?

If Satan was to “take you out” how would he possibly do it?

Consider following up any of these Basic Questions with what some call the 5 W's and an H—Why? When? Where? What? Who? and How? And sensitively ask, “May I pray for you about that?”

### **Ask Intuitively**

Knowing each other is the key. Asking generally and then specifically can become a bit mechanical. Your goal should be to ask intuitively—depending on the Holy Spirit to guide you. Remember to pray before, during and after you meet and expect God's leading as you ask questions.

## TOPICAL MENTORING QUESTIONS

Every now and then, our mentor partnerships may get into a rut. That's where the Topical Questions listed below will extend your ability to listen and learn rather than tell and teach.

Familiarize yourself with the topical questions before your mentoring meeting.

Choose a question you would like to be asked or choose a question you would like to ask your mentor-friend.

Inject these questions from time to time in your mentor meetings.

If you use these questions with your leadership team, agree on a question each person will answer briefly. Depending on the time available, inject follow-up questions like, "Why?" or "How?"

Note any action steps you need to take.

### **ADVICE**

What is the best advice you ever received? Why?

### **APPROVAL**

To what extent are you living for the approval of other people and to what extent are you living for "an Audience of One"—God himself?

Why do we often crave the approval of others over the Lord's approval?

What are some practical steps you can take if you find yourself too focused on the approval of other people?

## **CHANGE**

What are you trusting God to change in your life?

## **CONTENTMENT**

To what extent are you contented or discontented at present? Why?

To what extent are Paul's words in Philippians 4:11 (*I have learned to be content whatever the circumstances*) true of you?

## **DEPENDABILITY**

How dependable are you?

To what extent can your word be relied upon?

When was the last time you broke your word? Missed a commitment?  
Showed up late?

## **ENERGY LEVELS**

Are you serving Christ energetically or "running on empty"? Why?

Do you wake up excited about the day or with dread? Why?

Which activities create energy and excitement for you? What are some of the things that drain your energy?

## **EVANGELISM and COMPASSION**

What is your relationship with lost people at present?

Would you ever be accused of being too friendly with sinners? Or would you be accused of being aloof from sinners? (See Luke 15:1–2.)

To what extent do you show compassion and concern to the sick, the poor and the lonely?

## **FAMILY**

To what degree are you caring for God's family more than your own family? Why?

How would your spouse or your children describe your relationship with them if they knew you wouldn't get defensive?

Would any of them be exasperated by you? Who and why?

## **FATIGUE**

What are the warning signs that you might be approaching overload or burnout?

What are some of the masks that you wear to cover up any signs of overload or burnout?

Whom have you empowered to speak truth into your life regarding overload?

## **FINANCES**

To what extent would you describe yourself as a generous person?

How do you determine how much to give to the Lord? What is your view on tithing?

Do you have major debts? How are you dealing with them?

## **FITNESS**

How would you describe your level of your physical fitness at present?

How could you increase your level of fitness?

To maintain wellness, what should you be attending to?

## **FOCUS**

If you only had six months to live, what would you abandon, and what would you give yourself more fully to?

## **GENEROSITY**

To what extent would you describe yourself as a generous person?

How do you show your generosity?

## **GRACE and TRUTH**

To what extent are you a grace-giver (treating people much better than they deserve)?

To what extent are you a loving truth-teller (telling the truth in love even when it may not be received well)?

Who are the people that you allow to speak grace and truth into your life? Have you given these people permission to do so? When they do that, are you defensive?

## **HUMILITY**

To what extent are you humbly serving Christ and living for his approval?

How would you know that you were becoming prideful? What would be the signs in you?

Who do you have in your life that is empowered to let you know if you are becoming prideful?

## **IDENTITY**

Where do you find your identity?

How do you define who you are?

## **INFLUENCE**

Which two individuals have had the greatest influence in your life?

How did they influence you?

## **JOYFULNESS**

What is your level of joy in your work?

Has joy been drained out of your life and ministry? Why?

What are some things that make you really joyful? What are the joy killers in your life?

## **JUDGMENTALISM**

How judgmental are you? How often do you find yourself criticizing other people (openly or secretly)?

To what extent do sinful or less mature people feel attracted by you or repelled by you? Why?

Do people come to you for prayer and counsel? Why or why not?

## **LEADERSHIP**

Of all the things you could do, what one thing will you focus on that will make the greatest difference to your leadership?<sup>24</sup>

If you could achieve one main thing this week, what would it be? Why?

What are your main challenges at present?

To what extent are you enjoying your leadership role? Why?

## **LIFE RHYTHMS<sup>25</sup>**

What are some of your life rhythms? Daily? Weekly? Monthly? Quarterly? Annually?

To what extent are you observing a Sabbath time and Sabbath attitude in your life and ministry?

On a scale of 1 to 10, to what extent are you experiencing a healthy work-rest rhythm? Why?

What would it take to move your work-rest rhythm score up one degree?

## **LEGACY**

When you die, what will be your greatest legacy?

## **LIFELONG LEARNING**

How often are you engaged in the discipline of reading good books?

What have you been reading to help you be a student of culture?

What have you been reading lately to keep you on the cutting edge of leadership or ministry?

## **LUST**

How well are you dealing with the lustful thoughts in your life?

Where are your greatest vulnerabilities?

What are some of the ways you cultivate purity in mind and deed?

How would your friends know if you were dying on the inside morally?

## **MARRIAGE**

What would your spouse say about the quality of your marriage?

To what extent does your spouse receive the “first fruits” of your attention and energy?

How would you (and your spouse) describe the level of your sexual intimacy in marriage?

How would you (and your spouse) describe the level of spiritual intimacy in your marriage?

## **OVERSENSITIVITY**

Why do some people tend to be defensive when they are criticized?

How do we determine when criticism should be listened to and when it should be ignored?

What are some ways you have learned to deal well with criticism?

## **REFLECTION**

What has become clear to you since last we met?<sup>26</sup>

What are one or two recurring themes that have occurred in your life stages?

If you could hit “rewind” in your life, what would you do differently?

If you were able to listen in at your funeral, what would you love to hear people say about you?

## **SABBATH<sup>27</sup>**

How does your life reflect God’s desire for us to have a Sabbath rhythm (work and rest) in your life?

Why do many Christ followers neglect to fold in a Sabbath day and Sabbath principle in their lives?

What are the essential elements in a Sabbath way of life?

## **SELF-CONTROL**

Which areas of life are you exercising good self-discipline over and which ones need attention?

To what degree are you self-controlled in your eating and drinking habits, or sleep patterns?

To what extent is your life controlling you or are you allowing the Holy Spirit to control your life?

## **SELF MANAGEMENT**

What should you be handing over? Why?

What items should be on your “Not-to-Do” list?

What are your main goals in the next 30 days?

How do you plan to achieve those goals?

## **SENSITIVITY TO THE HOLY SPIRIT**

What do you sense the Holy Spirit is saying to you at present?

How have you responded to what the Spirit has said? Why?

## **SILENCE and SOLITUDE**

When did you last sit in God’s presence in silence, just to be with him and listen to him?

How often do you plan times of prayer and fasting? Why?

## **SPIRITUAL FRIENDSHIPS**

Who are the sacred companions (close soul friends) that you are leaning on and helping to become like Christ?

Who has had the greatest influence in your life?

Who is like a spiritual father or mother to you?

Who are you investing your life in at present?

## **SPIRITUALITY**

How would you describe the state of your connectedness to Christ in the last month? Are you aware of his presence? Are you distracted by much serving? Are you sitting at Jesus' feet?

What is your level of love for Jesus at present?

Is prayer a sporadic exercise or a way of life for you? Why?

## **TECHNOLOGY**

To what extent is technology interrupting your communion with God and joy in life? Why?

## **THORNS**

If you, like the apostle Paul, had a "thorn in the flesh" (2 Corinthians 12:7), what would it be? Why?

## **TIME MANAGEMENT**

To what extent do you manage your time wisely and well?

What are some guidelines you use to organize your time?

What are some time wasters in your life?

## **WEAKNESSES and STRENGTHS**

To what degree are you ministering out of a sense of brokenness and weakness?

Do you mask your weaknesses? What are they?

What are your greatest strengths in leadership or ministry?

To what level are you ministering out of who you are, or are you operating more out of what people want you to be?

## **WORRY**

What are the major burdens in your life at present?

What are the smaller worries you have?

How are you dealing with your anxieties?



## ENDNOTES

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- <sup>1</sup> Mark Buchanan, *The Rest of God: Restoring Your Soul by Restoring Sabbath* (Nashville: W Publishing Group, 2006), 191.
- <sup>2</sup> Matthew 22:17, 18b–20.
- <sup>3</sup> Matthew 8:26b.
- <sup>4</sup> Matthew 6:28a.
- <sup>5</sup> Matthew 20:22b.
- <sup>6</sup> Luke 9:20b.
- <sup>7</sup> Luke 10:36a.
- <sup>8</sup> Luke 17:17b.
- <sup>9</sup> Luke 18:41a.
- <sup>10</sup> John 5:6b.
- <sup>11</sup> John 21:15b.
- <sup>12</sup> Michael Marquardt, *Leading with Questions: How Leaders Find the Right Solutions by Knowing What to Ask* (San Francisco: Jossey-Bass, 2005), 65.
- <sup>13</sup> Luke 24:17–19.
- <sup>14</sup> John 21:15–17.
- <sup>15</sup> John 13:36–38.
- <sup>16</sup> Rick Lewis, *Mentoring Matters*, “Appendix 1: Surprised by Pain” by Keith Farmer (Oxford, England: Monarch Books, 2009), 223–240.
- <sup>17</sup> Tony Stoltzfus, *Leadership Coaching*, 223.
- <sup>18</sup> Parker J. Palmer, *Let Your Life Speak* (San Francisco: Jossey-Bass, 2000), 45.
- <sup>19</sup> Linda J. Miller and Chad W. Hall, *Coaching for Christian Leaders* (St. Louis: Chalice Press, 2007), 33.
- <sup>20</sup> Bob Tiede, *339 Questions Jesus Asked*.  
<https://leadingwithquestions.com/resources/>
- <sup>21</sup> This selection of questions is from Herman Horne’s classic work, *Jesus the Teacher* (Grand Rapids: Kregel, 1998), 51.
- <sup>22</sup> David B. Burns, “Did You Ask A Good Question Today?” (2009),  
[http://www.sdcity.edu/Portals/0/CMS\\_Editors/MESA/PDFs/ResearchAcademy/DidYouAskAGoodQuestionToday.pdf](http://www.sdcity.edu/Portals/0/CMS_Editors/MESA/PDFs/ResearchAcademy/DidYouAskAGoodQuestionToday.pdf).
- <sup>23</sup> Follow up any of the Basic Questions with what some call the 5 W’s and an H—Why? When? Where? What? Who? and How?—questions where appropriate.
- <sup>24</sup> One of the best resources I have come across in the quest to become better at listening and questioning is Bob Tiede’s incredible “Leading with Questions” resource. Several questions in the topical list come from his website [www.leadingwithquestions.com](http://www.leadingwithquestions.com). Consider subscribing to his email on how to lead with questions: [bob.tiede@cru.org](mailto:bob.tiede@cru.org).
- <sup>25</sup> (Periods of work/activity followed by times of rest/recreation/margin). If this is something you need to attend to, consider reading Bruce B. Miller’s book *Your Life in Rhythm* (Carol Stream: Tyndale House Publishers, 2009).
- <sup>26</sup> This is a question C.S. Lewis and J.R.R. Tolkien reputedly asked each other when they met at the “Inklings.”

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<sup>27</sup> If you wish to explore what it means to practice a Sabbath way of life, consider Mark Buchanan's book, *The Rest of God: Restoring Your Soul by Restoring Sabbath* (Nashville: W Publishing Group, 2006).



**ROWLAND FORMAN**  
MINISTRIES