

Good friends **ask great questions!**

Here is a list of questions that would be useful to ask in a 1:1 relationship. Look through the list and determine which ones you should ask and be asked.

What is God telling you to do? What are you going to do about it?

Are you spending quality relationship time with family and friends?
Do you practice healthy habits including getting enough sleep, eating right and exercising?

Are you trying to do your 100% best in your job, school, at home and with other commitments? Is one of those being compromised?

Is there someone whom you fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what should you do about it?

Have you been disobeying God in anything?

Are you being honest in all your acts and words or do you exaggerate?

Have you consciously or unconsciously tried to create an impression of being better than you are?

Have you broken any confidences by sharing something that was confidential?

Do you self-defend, self-justify and give in to self-pity as a response?

Do you find yourself being jealous, impure, critical, irritable, touchy or distrustful?

Do you grumble and complain often?

Do you struggle with pride?

How do you spend time with God?

Did you read The Bible? Do you read it thematically? Chronologically? other?

Is prayer a regular part of your life?

Do you take a day off every week – a real Sabbath?

Is Christ real to you?

Have you practiced generosity this week?

These questions are adapted from John Wesley, J. Burkeen and Pastor Neil Cole. They are designed to help you have an honest and candid discussion about your emotional and spiritual health as of right now.