

FAITH COMMUNITY CHURCH

10 Heart Questions for Check-In and Discipleship Groups

1. **On a scale from 1-5 how much anxiety or fear do you have regarding our current situation? 1-none, 2-a little, (easily managed), 3-moderate (getting by), 4-significant, 5-unmanageable** (this may be a bit clinical, but if you do encounter someone who is really struggling refer them for some encouragement through Biblical counseling)
2. **How is our current crises affecting your relationship with God?**
3. **How is God using this time to shape who you are?** (helping me be more reliant)
4. **Where are you finding joy and satisfaction right now?** (time with kids at home, good conversations around hope in the Lord, sharing devotions together...)
5. **What are you doing to nourish your soul?** (reading my Bible, praying, reaching out to friends and family via tech)
6. **Who is supporting you during this time?** (family members, friends ...)
7. **What are some of the challenges you and your family are experiencing today?** (opportunity to pray specifically for current concerns and encourage with the word)
8. **What is something you are looking forward to?**
9. **What is God saying to you and how is He speaking in this situation?** (ask about their personal God story)
10. **What is one way that I could encourage you today?** (1 Thessalonians 5:11)