

Follow-Up Questions - Tools

Young Adult Leader Training - September 28, 2025

1. Ask “why” questions.
 - a. This actually helps them develop the prefrontal cortex of their brain to continue to learn how to reason well.
 - b. This helps them take ownership over their faith.
2. Use their adjectives.
 - a. Helps them actually feel heard.
 - b. Breeds trust and credibility and elicit more conversation.
 - c. Helps them hear what they sound like and either refine it or double down.
 - i. “This person is a jerk”
 - ii. “I feel unloved”
 1. Well... not unloved but.....
 2. Hearing that back actually helps them grow
 - d. This can actually help the weight of things that get said land in their hearts.
3. Use “tell me more” prompts.
 - a. Phrases like:
 - i. “That’s really interesting—can you explain what you mean by that?”
 - ii. “What makes you say that?”
 - iii. “How does that connect with your own life?”
4. Rephrase back to them what you heard.
 - a. “Just so I understand fully... you are feeling this way because of this thing... is that a fair summary?”
 - b. “Here’s what I’m hearing...”
5. Help take it from the head to the heart and hands.
 - a. What does this make you feel?
 - b. What does this show you about the character of God?
 - c. What are you going to do about that?
6. Give space for silence.
 - a. If we aren’t going to actually provide space, we can’t anticipate any productive thinking to happen.