

# A-B-C's of Soul Talk: Skills Worksheet

From “[Soul Talk: Inviting God Into Your Conversations](#)”

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Here are some questions and statements for facilitating Soul Talk or Spiritual Direction ministry in a way that ministers God's presence in love, truth, and power. These suggestions are illustrations to get you started, not prescriptions. In each case, you can express the same purpose with fresh wording that connects with the personality or need of the person you're caring for.

**Active Listening** (Offering God's *love* through empathy and noticing God's presence.)

- “How are you feeling?” or “What would you like to share with me today?”
- “It seems you're feeling \_\_\_\_\_.” or “I imagine you feel \_\_\_\_\_.” (Use a fresh word describing the emotion that's just under the surface. Repeat feeling reflections throughout the conversation.)
- “What is an example of your struggle with \_\_\_\_\_?” (You're focusing on the key example(s) of the problem or need. Return to this focus during the conversation as needed.)
- “Let's see if I'm understanding what's going on. In this situation you're...”
- “How are you sensing God's presence in these circumstances?” (Salty question)

**Brainstorm an Action or Focus** (Offering God's *truth* through questions and perhaps gentle guidance.)

- “What have you done so far to deal with this challenge?”
- “What other ideas come to mind?”
- “Maybe it'd be helpful if you tried to...?”
- “What might God be saying to you about this?” (Salty question)
- “I wonder what the Lord might be teaching you? What are your thoughts on this?”

**Close With Prayer** (Offering God's *power* through intercessions of empathy, affirmation, encouragement, and faith.)

- “I'd like to pray for you. Can I do that now?”
- “How about we pray now? What specifically would you like to see God do in these situations?”