

SIDEXSIDE

People in Need of Change **Helping**



People in Need of Change

HELPING UNTWIST DISTORTED THINKING

- What's your thinking behind X? How did you reach that conclusion? (Prov. 14:12)
- How long have you believed X?
- What wise people in your life share your perspective on X and have confirmed that for you? (Prov 11:14)
- When you say, "They are/you are an X," what do you mean exactly?
- What is the evidence for and against X? How could we test the truthfulness of X? (Prov. 28:26)
- What other competing perspectives to X have you considered but dismissed as mistaken? (Prov 12:15)
- What would convince you that you were mistaken about X? (Prov. 12:15)
- Help identify or name the distortion
- Grayscale reasoning
- Double-standard experiment



QUESTION...

- **In your experience, when you notice that someone believes something that is either distorted or explicitly false about themselves or others, how have you graciously brought this to their attention without saying, “Well, you’re wrong about X, because...” or “Well, I just disagree because...” and shutting down conversation?**



SHAPING THE PATH

- What elements are present in this person's environment/lifestyle that are hindrances to change? (Prov 5:8-9; 1 Cor 15:33; Rom. 14:13)
 - Remember, the "environment" includes the body (Job 2:7)
- What elements are lacking in this person's environment that promote change? (Prov. 13:20; Heb. 10:24-25)
 - **Having meaningful, consistent, deep relationships in community is a non-negotiable. Change is a community project.**
- By asking good questions, what S.M.A.R.T. (Specific, Measurable, Attainable, Relevant, Timed) goals (of their own) can you help them set to make the path more suitable?



QUESTION...

- **What are some examples from your life where changes in the path either helped you thrive or affected you negatively?**



TWO CONCLUDING REMINDERS

- Praying for grace and relying on the Spirit to love well and wisely is the most important part of helping others, regardless of model.
- Remember, resist the urge to be the answer man or woman. Ask good questions and help people—who are filled with the Spirit if they are believers—come up with solutions of their own whenever possible as you lend a guiding hand.



PRACTICAL WISDOM FOR HAVING HELPFUL CONVERSATIONS

- **Listen Well** (Prov. 18:2; Jas. 1:19)
- Listening well doesn't mean waiting patiently to speak again while you monologue in the presence of someone else and prepare to coach them up.
- **Empathetic Listening** (David Burns)
 - **Disarming**
 - Find and acknowledge truth in what the other person is saying even if you largely disagree with them.
 - **Thought and Feeling Reflection**
 - Summarize what the other person has just said in your own words (thought) and acknowledge how they are probably feeling in light of that (feeling).



PRACTICAL WISDOM FOR HAVING HELPFUL CONVERSATIONS CONT.

- Inquiry
 - Ask questions directly related to what they have said to probe deeper
- Focus
 - Maintain proper body language and eye contact
- In conversational contexts, avoid giving unsolicited counsel or advice at all costs
 - Realize when the only thing people want is someone to listen
 - Don't let your *passion* to help get in the way of your *presence* as a caring listener



QUESTION...

- **In your experience, what other things do good listeners do that make you feel you have truly been heard? What are some other things that bad listeners do that leave you feeling unheard?**

