

1 Techniques to Help People Work through Issues

Here are some helpful techniques that you can use as a leader, to help others work through personal or relational issues in life. Please use this worksheet as a helpful tool in preparing yourself to talk and counsel through issues with others.

Essential, Overriding Principles

- **As a Christian leader, always keep yourself plugged in and spiritually active**
 - If your “instrument” is dull, then you will not feel equipped to adequately counsel others.
 - Keep an active devotional life and a healthy walk with Jesus, and you will find yourself ready for the challenges that may come.
- **Don’t counsel the opposite sex without a third party present**

Before you Meet to Counsel with others

- **Pray in the Spirit and ask God for Holy-Spirit discernment and wisdom**
- **Be as thoughtfully prepared as possible, but careful not to pre-judge the situation**
 - Preconceived notions may be right on, or they could lead you down a wrong path. Be open to reading the situation as you go, and careful not to jump to conclusions prematurely.
- **Prepare some Scriptures that you feel may be relevant for the situation**
 - Have them ready to share when appropriate.
- **Assess your relationship with the person or couple**
 - Are you close? Can you talk open and frankly with them, or do you need to be more sensitive and judicious in your conversational approach?
 - Your relationship will affect the approach that you can take with them.

While you Meet

- **Begin with Prayer**
- **Find ways to make the conversation as comfortable as possible**
 - This will help them to feel comfortable in opening up to you.
- **Listen**
 - Listening is critical. As you listen, exercise the Holy Spirit Discernment and allow the Lord to give you fresh insight.
 - Sometimes, a person will come to solid Biblical answers for their situation simply by talking it out with a trusted Pastor or confidant.
- **Don’t be afraid of moments times of silence**
 - Conversational silence can sometimes be a part of the processing phase, and the Holy Spirit can minister even when we feel like we aren’t.
- **Express the Forgiveness, Love and Grace of Christ**
 - “Let your conversation be always full of grace” – Colossians 4:6.
- **Encourage them and emphasize HOPE**
- **Remind them of their Identity in Christ**
 - Not what the enemy wants them to believe.
- **Be appropriately transparent and approachable**
 - Nobody is perfect and we all need Jesus.
- **Look for the Deeper Issues beneath the surface (The Root Cause)**

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- **Identify the Enemy (the devil) and how he is at work in the situation**
 - Express it to them.
- **Don't give up hope for them**
- **Lean on Biblical Principles and Scripture to guide your conversation and the results**

Practical Tools to Equip them with

- **Start them at work on the little issues**
 - Many small rocks will create a mountain. If the small things aren't dealt with, then they pile up over time and may feel overwhelming.
- **Establish follow-up meetings or connection points that involve accountability**
 - Accountability is necessary to help stay on track.
- **Have them begin to speak the scriptures out loud**
 - There is power in the spoken word of God, and it has the added value of not just speaking it but hearing it, as well.
- **Have them pray daily prayers of faith and authority in the name of Jesus**
- **Remind them of their authority over the enemy**

Finally

- Finally, remember that relationship Opens the Door for opportunities to counsel others. The more we build relationships with others, the more opportunity we will have to speak into lives.