



# At the **TABLE** with Keith Anderson

## 25 Great Questions for Spiritual Friendship

1. Are you at a crossroads in your life? Can you describe the intersection as you see it?
2. What are you afraid to talk about?
3. If we were to meet in a year, what would we be celebrating?
4. Tell me about a time you adapted well to change. Didn't adapt well?
5. What's working well in your life right now?
6. What's giving you life (or saving you) right now?
7. If the past 5 years were a chapter in your life, how would you entitle that chapter? Why?
8. If the next 5 years are a chapter in your life, what is that chapter about?
9. Can you be faithful to your spiritual identity in your current career?
10. What have you said yes to that you no longer really believe in?
11. Have you ever withheld forgiveness from anyone? How about now?
12. How did you come to believe in \_\_\_\_\_?
13. What did your parents want you to be?
14. How do you hope to spend the years ahead?
15. Isak Denisen said, "All sorrows can be borne if you put them into a story." Do you have such a story?
16. Are you at peace?
17. What came into the room with you today?
18. Respond to this question: What do you know now that, had you known it 5, 10, or 20 years ago, would have changed your life?
19. When you were ten years old, did you know yourself to be a beloved son or daughter?
20. When have you seen redemption in your story? How long ago was this?
21. When have you experienced pain, sorrow, or grief that just won't heal?
22. If God gave you a name written on a white stone (Revelation 2:17), what might it be?
23. Describe your ideal self to a trusted friend: who are you, ideally, as a friend, worker, spouse, parent, sibling, citizen, and follower of Jesus?
24. God forms you through pain and brokenness, as well as shalom or wholeness. Can you identify times you were formed by pain? brokenness? shalom?
25. Can you name what you uniquely bring to others about the person and character of God by how you live your life?

## Practice: Your Best Questions

Take time to identify your own “best questions”—the ones you’ve asked others or been asked yourself. Journal your answer to one of them.



**Why sign up:** If you want to mentor, are already a mentor, or are just curious about the purpose and power of mentoring, then these 30 days are exactly what you need.

**What to expect:** A quick one-to-three-minute read for 30 days in a row that will include quotes, short videos, encouragement, and free downloads.

**Our hope for you:** May you come to discover and trust the living Christ in your midst as you enter and serve in the ministry of mentoring conversations.

**Sign up today!**