

10 Questions to Ask When Someone Shares an Interpersonal Problem With You

We all know the destructive power of the tongue and its resistance to taming. Yet many struggle with gossip, often rationalizing their hurtful comments as concern or "seeking counsel". A corresponding problem occurs when our friends who hear these words are themselves consequently wounded in their own spirit. The following questions were written in response to many requests for help to know how to stop the wounding and bring healing without piously rejecting the talebearer, and without being drawn by the story into a kindred bitterness.

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| 1. Is this your problem? | Proverbs 26:17 |
| 2. Will this go away without your involvement? | Proverbs 10:19/20:3 |
| 3. Since "love covers all sins," would you be willing to forgive and forget this one? Why not? | Proverbs 10:12 |
| 4. What are your basic assumptions about the problem? | I Corinthians 13:15 |
| 5. Have you heard all sides of this issue? What about God's side? | Proverbs 29:20 |
| 6. Is your own heart free of hurt, anger and bitterness? Why are you not avoiding taking up another's cause? | Hebrews 12:14-15 |
| 7. What is God testing in you through this for your own spiritual growth? | James 1:2-8 |
| 8. What do you think Jesus would have done in this situation? | I Peter 2:21 |
| 9. Do you know what your next step is Biblically? | Matthew 18:15-20 |
| 10. How can I help you resolve your thoughts and feelings without becoming entrapped with a critical attitude myself? | Galatians 6:1 |

Read: Psalm 51 esp. vrs.10