

20 *Heart Focused* Questions To Encourage Communication *With Your Teen*

What did you have a hard time with today?

What would have been a better way to handle that?

How did you see God work today?

How did you extend grace today?

How did that make you feel?

What do you want to do when you're sad? Is there anything that makes you feel better?

What are 3 things you are thankful for today?

Is any worry too small to give to God?

How do you wish that would have gone?

Were you hurt/angered/disappointed today?

What do you want to do differently tomorrow?

How did you choose forgiveness today?

How can I help you?

What did you like about today?

Do you feel a "heaviness / pressure" inside when you think about certain things?

What are some things that are hard for you and for which you need courage?

Do you know the reason why you feel (sad, lonely, angry)?

What would you like me to pray for you?

What verse came to mind today?

Is there any way I can encourage or support you better?