

How Can I Help? Questions about the Six Human Needs

These questions can help you understand yourself and others better once you know what your basic needs. Keep in mind never to pressure people for answers, and never to ask them to reveal things they are not ready to share. Always allow people to freely “pass” (simply not answer), and when they share, keep all answers confidential.

Hungry—Do you want to be more useful?



- How is your work going?
- What is something you find fulfilling in your life right now?
- Is there something you feel passionate about?
- What needs of other people do you notice most these days?
- Do you have any gifts or abilities that you think are underused?
- What do you think the Lord wants to accomplish through you?

Thirsty—Do you want to learn and grow?



- Do you have any big questions?
- Are there things you are confused or doubtful about?
- What subject or skill are you eager to learn?
- What have you been really glad to learn?
- What is an idea you really want to share with others?
- Are you able to find answers you need in the Lord’s Word?

Stranger—Do you want community and connection?



- Do you feel lonely?
- What is your social life like?
- Do you wish to spend more time with people you love?
- Who are your closest friends?
- What qualities do you most value in friends?
- Do you recognize the Lord’s presence where two or three are gathered in His name?

Naked—Are you struggling with negative feelings?



- What is your hope for the future?
- What do you feel grateful about?
- What are you fearful or worried about?
- What are you sad about?
- How do regret, shame and low self-esteem show up in your life?
- Do you feel that the Lord is taking care of you and leading to a good future?

Sick—Do you need healing?



- What urges or addictions would you like to let go of?
- How have you experienced suffering?
- Are you struggling with unhealthy urges?
- Which of the Ten Commandments do you have the most trouble with?
- Who do you turn to for help when you are struggling?
- What are you afraid of?
- Can you turn your life over to the Lord?

Prisoner—Are you free?



- Where do you feel stuck?
- What is stopping you from moving forward?
- What decisions do you have trouble making?
- What do you want?
- What would you do if nothing was stopping you?
- Do you have a sense of what choice the Lord is asking you to make?