

## Chat Example: Reflective Listening

**COACH** - 4:30:18 pm -  
Hello! What brings you here today?

**CAMERON** - 4:33:32 pm  
Hi  
I am selfish pos who wants suicide

**COACH** - 4:34:18 pm -  
What is making you feel that way?

**CAMERON** - 4:36:52 pm  
They way i dont really help people

Dont know why

**COACH** - 4:37:43 pm -  
What makes you feel like you don't really help people?

**CAMERON** - 4:38:26 pm  
Cause i dont

**COACH** - 4:39:18 pm -  
What would you like to do to help other people?  
[Continued, asked "what would you..."]

**CAMERON** - 4:39:38 pm  
I dont know loke jesus

**COACH** - 4:40:09 pm -  
To you, how did Jesus help others?  
[Was attentive to his answer]

**CAMERON** - 4:40:34 pm  
I am just a selfish porn addicted person who is done with life

**COACH** - 4:41:15 pm -  
Besides helping people, what else is making you feel like you are done with life?  
[Went further]

**CAMERON** - 4:42:43 pm  
Just dont see the point to.living

**COACH** - 4:43:52 pm -  
What resulted in that feeling today?

**CAMERON** - 4:45:19 pm  
I just keep fucking up

Sorry for the cussing

**COACH** - 4:45:44 pm -  
What happened today?

I have had times where I have felt like I messed up too. What happened recently that made you feel like you messed up?  
[\[Related and asked further\]](#)

**CAMERON** - 4:47:20 pm  
I was borne

**COACH** - 4:49:03 pm -  
I am sorry to hear that. Do you have a plan to commit suicide?  
[\[This was earlier in the chat\]](#)

**CAMERON** - 4:49:29 pm  
Just hanging

But nothing in place

Should i

**COACH** - 4:50:35 pm -  
No you should not. We are all uniquely made individuals.

What brings you hope?

**CAMERON** - 4:50:55 pm  
I am not as close to God as i want to be

**COACH** - 4:51:23 pm -  
Would you be willing to share with me how you came to your faith?

**CAMERON** - 4:51:45 pm

I always believed

**COACH** - 4:52:22 pm -

What do you think it takes to be close to God?

**CAMERON** - 4:54:27 pm

Being like him

**COACH** - 4:54:44 pm -

What does that mean to you?

**CAMERON** - 4:55:31 pm

Loke is says in the bible

**COACH** - 4:57:02 pm

See how great a love the Father has bestowed on us, that we would be called children of God; and such we are. For this reason the world does not know us, because it did not know Him. 2 Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is. 3 And everyone who has this hope fixed on Him purifies himself, just as He is pure. 1 John 3:1-3

**COACH** - 4:57:59 pm -

The 2nd verse of this particular Scripture reminds us that when he appears we will be like Him. It is a process.

**CAMERON** - 4:58:28 pm

How do i get their

I am addicted to.porn

**COACH** - 4:59:55 pm -

Do you trust in Jesus?

**CAMERON** - 5:00:03 pm

Clothe people feed people

Yes i want to

**COACH** - 5:01:04 pm -

You said that you want to, what keeps you from trusting in Jesus?

**CAMERON** - 5:01:35 pm

Cause i cant really go to church.or talk about him my dad is against it

**COACH** - 5:02:52 pm -

I am sorry to hear that you cannot go to church or talk about God with your dad. Do you have a local church that you have attended?

**CAMERON** - 5:03:03 pm

No

But it says in the bible to to go out to the public amd talk cant do that

**COACH** - 5:04:27 pm -

Why can you not go out into the public?

**CAMERON** - 5:04:50 pm

I can

I just cant talk to people about God

**COACH** - 5:05:21 pm -

Are you referencing the Great Commission?

**CAMERON** - 5:05:35 pm

Huh

**COACH** - 5:05:36 pm -

To go forth and make disciples of every nation. That is to share the Good News with others?

**CAMERON** - 5:05:44 pm

Yes

And untill i can do that i will never feel like i am at where i want to be  
Want

**COACH** - 5:06:27 pm -

Why is that?

**CAMERON** - 5:06:55 pm

Why what

**COACH** - 5:07:30 pm -

Why do you feel like you are not where you want to be because you cannot go into the public and share Jesus with others?

**CAMERON** - 5:08:11 pm

Because thats a big thing

Plus addicted to porn

**COACH** - 5:08:51 pm -

I agree and I am passionate about sharing Jesus with others. What would have to happen so that you could share Jesus with others?

[Good question - "what would have to happen"]

**CAMERON** - 5:09:03 pm

Move out

But thats not happening for years

**COACH** - 5:09:41 pm -

That would be very frustrating.

Sometimes we have to be the light of the World so that those who do not believe can see the love of Jesus. You mentioned wanting to help others. What local groups or individuals in your area could you help?

**CAMERON** - 5:13:34 pm

I dont know

I want to help them find jesus but cant cause of my dad

**COACH** - 5:14:21 pm -

Sometimes people are not ready to hear the Good News and we have to be the light. Sometimes we, in serving others, show others the love of Christ. While you feel as if you cannot share Jesus with others by word, could you by action?

Serving others without a reason other than God commands us to love HIM and then love others helps them to see the love of Christ.

**CAMERON** - 5:17:43 pm

Like how

**COACH** - 5:18:15 pm -

I have paid for a bottle of juice at the grocery store for someone who didn't have the money. I have raked leaves for an elderly person in my neighborhood who couldn't.

People tend to ask why we do things or offer to do things when we see a need and they do not know us.

Sometimes the simplest and easiest answer is because Jesus loves them.

**CAMERON** - 5:19:05 pm

Yes i can

If they need it i can and will

**COACH** - 5:20:02 pm -

When we build relationships while serving sometimes people will open their hearts to hear the Good News because the Holy Spirit is working in them.

**CAMERON** - 5:20:30 pm

Ok

I need to i feel selfish

**COACH** - 5:22:02 pm -

I have felt selfish before as well. I need to remember that Jesus is selfless and be intentional to be more like Christ.

I asked you earlier if you trusted in the Lord. Do you?

**CAMERON** - 5:22:52 pm

I have spent more money on my self and its not right

Yes

I read the bible everyday

**COACH** - 5:23:23 pm -

Do you trust God to help you out of sin?

**CAMERON** - 5:23:51 pm

But its just telling me that i am a piece of shit who cant do anything right

**COACH** - 5:24:23 pm -

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

"for all have sinned and fall short of the glory of God." Romans 3:23

**CAMERON** - 5:24:48 pm

I have confessed and asked for his help for me to be more like him

**COACH** - 5:25:20 pm -

We are all sinners. Temptation is a means to derail us from our relationship with God. The evil ones purpose is to keep us separated.

**CAMERON** - 5:25:34 pm

Its working

So just give people more money

**COACH** - 5:25:53 pm -

You read your Bible every day?

**CAMERON** - 5:26:13 pm

Yes

**COACH** - 5:26:25 pm -

Do you read your Bible when you are tempted to watch porn?

**CAMERON** - 5:26:28 pm

I did not have plans to be around this long

**COACH** - 5:26:58 pm -

I am so grateful that you are.

**CAMERON** - 5:27:13 pm

Makes one of us

**COACH** - 5:28:05 pm -

You said that one of the challenges was selfishness and that you could not share Jesus. Do you have a local believer that maybe would grab lunch or dinner with you one day a week to connect you with another believer?

**CAMERON** - 5:28:27 pm

No I dont

**COACH** - 5:29:12 pm -

What about a local Pastor that you could talk to that might be able to connect you with that person?

That way it is not at a church but in a public place.

**CAMERON** - 5:29:58 pm

Ya i can

But will not be allowed to talk about God cause my dad does not want me to in public

**COACH** - 5:31:56 pm -

It is hard when we cannot talk about what is important to us out of concern about others actions.

What supports do you have in your area?

**CAMERON** - 5:32:41 pm

Like churches

**COACH** - 5:32:53 pm -

I mean anyone. Friends, other family, groups you are part of

**CAMERON** - 5:33:03 pm

So of i do meet that person we have to go to a church to talk about God

No

My family dont believe

**COACH** - 5:33:37 pm -

Would you be able to go to a church?

Do you have any friends in the area?

**CAMERON** - 5:34:18 pm

No

**COACH** - 5:35:08 pm -

What do you normally do outside of the home?



**CAMERON** - 5:35:59 pm  
Not much

I am perfect for suicide

**COACH** - 5:36:53 pm -  
No one is perfect for suicide.

What hobbies do you have>  
[asked questions to dig deeper]

**CAMERON** - 5:39:40 pm  
I dont really do much

**COACH** - 5:40:11 pm -  
What do you want to do?

**CAMERON** - 5:41:43 pm  
I am a huge horror fan but, i want to tell people about God

**COACH** - 5:43:00 pm -  
It is great that you want to tell people about God. Sometimes they want to know your story of God working in your life. What would you tell them?  
[Another thought-provoking question]

**CAMERON** - 5:43:57 pm  
Just about the great things he has done, tell them about his wonderful works, how he can save and heal you

**COACH** - 5:44:13 pm -  
Do you believe those things for yourself?

**CAMERON** - 5:44:23 pm  
Yes

**COACH** - 5:44:38 pm -  
But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name. (John 1:12)

**CAMERON** - 5:44:48 pm  
Thats why i know i nees him, and want to be like him

Need

**COACH** - 5:45:15 pm -

"for "Everyone who calls on the name of the Lord will be saved." Romans 10:13

We all need Jesus to be saved. It reads like you have a love for Christ. How do you think God sees you?

**CAMERON** - 5:46:58 pm

Like a selfish piece of shit who needs to die

**COACH** - 5:47:29 pm -

"Therefore there is now no condemnation at all for those who are in Christ Jesus." Romans 8:1

We are born sinners. God sent His only Son to not only save us from sin but to bring us into relationship with Jesus. Without Him it is not possible to come to the Father.

**CAMERON** - 5:48:45 pm

Yes i know all this, how do i stop being so selfish?

**COACH** - 5:49:02 pm -

Not only did he die on the cross for all of us He rose from the dead to defeat death. When we accept Christ as our Savior we adopted into His family.

**CAMERON** - 5:49:21 pm

How

**COACH** - 5:49:34 pm -

How what?

**CAMERON** - 5:50:05 pm

Do i stop feeling like this

**COACH** - 5:50:45 pm -

Trust God.

Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. 2 Corinthians 5:17

**CAMERON** - 5:51:09 pm

What does that look like

**COACH** - 5:51:09 pm -

We are made new. The Holy Spirit transforms us when we accept Christ as our Savior.

The transformation takes time. You seem to have a heart to want to serve and not be selfish.

**CAMERON** - 5:52:45 pm

Yes, hope that comes first.

**COACH** - 5:52:45 pm -

As we are transformed, we see the fruits of the Spirit.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. Galatians 5:22-23

When I am really sad, I know I have to be intentional about putting all things aside and reading the Bible.

Memorizing scripture for hard times is also helpful.

Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. Psalm 55:22

**CAMERON** - 5:55:11 pm

Ya, but that's not enough.

Every time I read the Bible, I find another reason to hate myself.

**COACH** - 5:56:11 pm -

Is what you are reading telling you to hate yourself, or are you hating yourself because you do not feel like you measure up to what you read?

**CAMERON** - 5:56:39 pm

I don't feel like I am good enough.

**COACH** - 5:56:50 pm -

Stand your ground, putting on the belt of truth and the body armor of God's righteousness.

15 For shoes, put on the peace that comes from the Good News so that you will be fully prepared.

16 In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.

17 Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Ephesians 6:14-17

Jesus ate with the unexpected. The tax collectors and sinners. He talked to lowly women during His ministry. I am sure the woman at the well did not feel like she was good enough either. Jesus restored her when she accepted Him and used her to share the Good News in her town.

John 4:4-42 is the story of the woman at the well.

**CAMERON** - 6:01:57 pm

I hope i can evangelize soon

I want to

For now how do i get off porn

And help other people

**COACH** - 6:02:53 pm -

Here is a great site to help with pornography addiction

[www.everymansbattle.com](http://www.everymansbattle.com)

There is a software filtering program called Covenant Eyes that will block your computer from accessing pornography.

That might be helpful.

Praying to God in those moments of temptation and pulling to scripture that you have memorized is what I find helpful.

**CAMERON** - 6:05:09 pm

Ok

**COACH** - 6:05:25 pm -

Reaching out to a local pastor some of them offer pastoral counseling or can relay you to someone who can help too.

**CAMERON** - 6:06:24 pm

But i do need to try to help other people with my money

**COACH** - 6:06:40 pm -

It does not have to be money. It can be sweat and hard work too.

**CAMERON** - 6:07:00 pm

Ya

**COACH** - 6:07:02 pm -

For example, handing out bottles of water to the homeless

raking someone's yard.

Small things to help others is a good start.

**CAMERON** - 6:07:42 pm

I will try to get out and help more

I will find.d somewhere

**COACH** - 6:08:21 pm -

I am so glad to hear that! I would ask a local Pastor about groups that are serving too they may know who in your group you could help and that would connect you with other believers as wlel.

Can I pray for you?

**CAMERON** - 6:08:46 pm

Ok

In my group

**COACH** - 6:11:55 pm -

Lord, I thank you so much for the love that you have for us. That you sent your only Son to save us from sin.

I thank you for your Word that you have given us so that we can know you and turn to you in troubled times.

I ask that you show Cameron ways that he can serve others for you. I ask that you give him strength and boldness to turn from his addiction.

I ask that you continuously call him closer to you in prayer and your Word when temptation strike.

Father, I ask that you bring others into his life that can help him grow closer to you and in relationship with others that can support him.

Father, we thank you that while we are sinners you have loved us and offered a way to save us. In Jesus name, Amen.

**CAMERON** - 6:14:03 pm

Hi

Cant wait to move out so i can talk about him

**COACH** - 6:16:35 pm -

In the mean time you can serve others in need and continue to pray for others and for your change to be more like Christ. God has plans for us all and they bring glory to Him.

Is there anything else that I can help you with tonight?

**CAMERON** - 6:21:38 pm

How can i see God now

**COACH** - 6:22:55 pm -

God is the Creator. We can see God in all things that He has created. We see Him in His Word.

And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, 29 yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith!  
Matthew 6:28-30

I do have to leave soon. Is there anything else that I can do for you? Would you like me to say one final prayer for you?