

# LOVE

## VOCALIZED!

YOUR GUIDE TO  
the ART OF SPIRITUAL CONVERSATIONS





OXY

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"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."

Matthew 28:19-20

In the Gospel according to Matthew, we hear about our call as disciples to share the love of God expressed in Jesus Christ, with all those around us in The Great Commission. While there are many ways that we can share the good news of our Lord with those around us, one way to do so on a more personal basis is by reaching out to them and having intentional spiritual conversations.



To some of us who have come to acknowledge the importance of reaching out to others and are looking for ways to live out our lives more radically, some questions that may arise "how can I do this?" or "what does that entail?"

Pope Francis reminds us that, **"If we wish to lead a dignified and fulfilling life, we have to reach out to others and seek their good."** In this guidebook, we will share about the Art of Spiritual Conversations, and how we can be the faces of Christ to those around us when we practice it, seeking their good in the process!



# ENTERING INTO spiritual Conversations

## The Essence of Spiritual Conversations

While loving those around us from a distance through prayer & fasting is important, it is also important to allow that love to manifest in more tangible ways. Our faith, while personal, cannot be kept private and thus must be shared and exhibited in the very way we act!

You may recall Show & Tell period in primary school, where we were tasked to bring an item to school (maybe a favourite soft toy or a family photo), and tell the class about it and its significance in our lives. In a similar way, we too must show & tell the world about Jesus and his great love for each one of us, testifying to his importance in our lives! It takes showing and telling through intentional Spiritual Conversations to share the love of God with those around us, allowing them to encounter the good Lord through us in conversation!

Although “Spiritual Conversations” may sound daunting, it is not about having big debates or discussions on big topics such as Theology of the Body or Philosophy. Rather, Spiritual Conversations are about befriending others by beginning with some questions to go deeper into each other’s spiritual lives and know them better, just like how Jesus often began by asking questions to his disciples and the people he met to befriend them. It can begin with a question as simple as “how are you?” or “how has your week been?”. These questions initiate conversations with depth and meaning, allowing the friendship to grow as we take time to ask and listen to the other person. In doing so, we create a safe space to bring truth & understanding on how God might be moving in the other person’s life!





# With anyone, by anyone, anytime, any day!

Spiritual Conversations are not just reserved for “holy” people, but can be exercised with anyone and by anyone who desires to be authentic in relating to people, and an instrument to stir faith in another. They can be done with anyone too, even if the other person is a non-Christian or someone who has been distant from the faith for a while.

Spiritual Conversations can also happen anytime and any day, and is not restricted to formal settings like retreats or church events, but can occur over a simple lunch with a friend. A simple act of faith, such as asking your Grab driver how his day was, can spark a deep and meaningful conversation, and is just one example of how it can happen anytime, any day, with anyone by anyone.

how has your day been? —



## MYTHS vs TRUTHS OF SPIRITUAL CONVERSATIONS

### MYTHS

Spiritual conversations are just ordinary, day-to-day convos about the weather or hobbies.

I cannot carry out Spiritual Conversations because I am not qualified or mature enough.

Spiritual conversations are about looking at others with an agenda or as projects who need fixing.

### TRUTHS

Spiritual Conversations are ones with depth & meaning, building up friendships.

I am called & chosen to share the love of Christ with those around me!

Spiritual conversations show others we care for them as a whole and desire to understand them more deeply. They come from a place of love.

# Why have them?

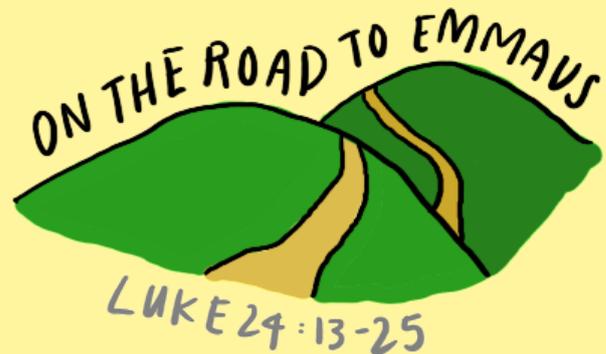


Spiritual Conversations are not just reserved for “holy” people, but can be exercised with anyone and by anyone who desires to be authentic in relating to people, and an instrument to stir faith in another. They can be done with anyone too, even if the other person is a non-Christian or someone who has been distant from the faith for a while. Have you ever had a friendship that you longed to have more out of? One where you spent time together and had fun together, but you never felt you really knew the person properly? Spiritual Conversations are conversations that build intimacy in the friendships you have. It prompts us to ask questions and truly get to know the other person, instead of remaining on a superficial level.

Spiritual Conversations help us to live out our call to desire the good of others and love them unconditionally by being with, listening, and speaking out of love to others. Many of the saints who have gone before us, like St. Padre Pio and St. John Vianney, have practiced spiritual conversations in their mission. The Bible itself is filled with stories of spiritual conversations where Jesus listened, spoke, and loved those he encountered:



Jesus went to the well, intending to meet her, reach out to her, and love her. He spoke with what she was familiar with, which was water, and did not judge her sins or past. Instead, he desired for her to know of the fullness of life he could give her (living water), which could come about by coming to know him, and sharing about the true, real tangible love that he had for her.



Jesus met them where they were, even though they had given up and were walking away from the task he had given them. He walked with them in their sadness and took time to listen to them and understand them. He also helped them make sense of scripture while speaking truth over their disappointment and hopelessness, and encouraging them.

Ultimately, Spiritual Conversations allow the other to encounter Christ and His love through us as we surrender ourselves to be vessels for Christ to act. When we have Spiritual Conversations with others, we participate in being coworkers with Christ in being Fishers of men.

# Interior Disposition



Our interior disposition is very important when we want to have spiritual conversations. Since the intention behind having spiritual conversations is to love the person we are reaching out to, in order to love them wholly, we must ensure that we have the right interior disposition to fully give of ourselves to them as we listen and converse.

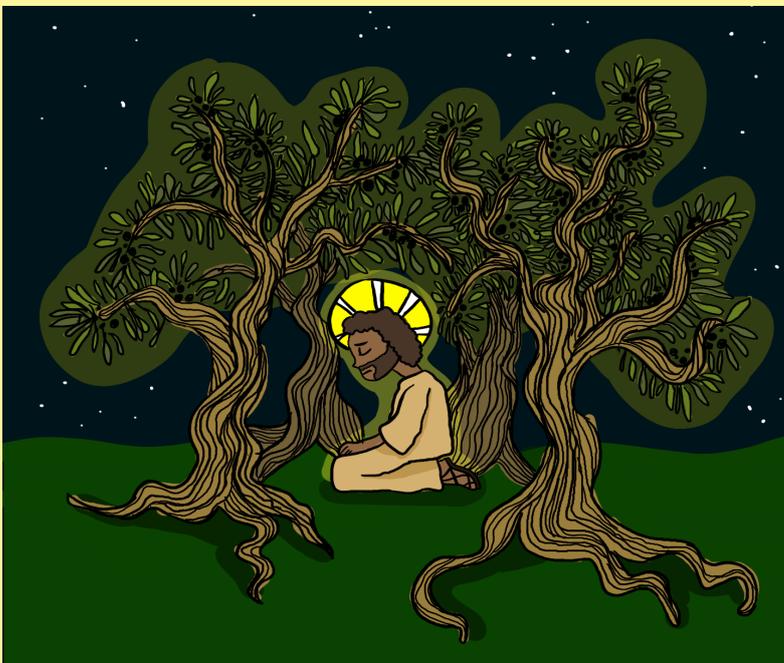
By praying, reading scripture, and celebrating the sacraments, we root ourselves in the Lord which better prepares ourselves for this form of ministry.

*"Therefore as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude."*

*Colossians 2:6-7*



However, it is inevitable that in some seasons, we may experience dryness and struggles. Although it is important to remember that the Lord can still use us to minister to others even in our own brokenness, it is equally important to remember that spending time on self-care is crucial too. There will be days where we struggle and when we do, it is wise not to distract ourselves with ministry, but to take time to rest and allow Grace to compensate. We can continue to love them within our own capacity by keeping them in prayer and interceding on their behalf.



*"And He said to them, "Come away by yourselves to a desolate place and rest awhile." For many were coming and going, and they had no leisure even to eat."*

*Mark 6:31*

It takes courage and practice to learn how to call ourselves out and to dare to care for our own self, especially when the compulsion is to continue reaching out.

# TAKE A MOMENT to reflect...

- 1) When was the last time I had a good conversation with someone?
- 2) When was the last time someone affirmed me? What was it about?
- 3) How did the affirmation feel? Did it build up and encourage me?