

# LOVE

## VOCALIZED!

YOUR GUIDE TO  
the ART OF SPIRITUAL CONVERSATIONS

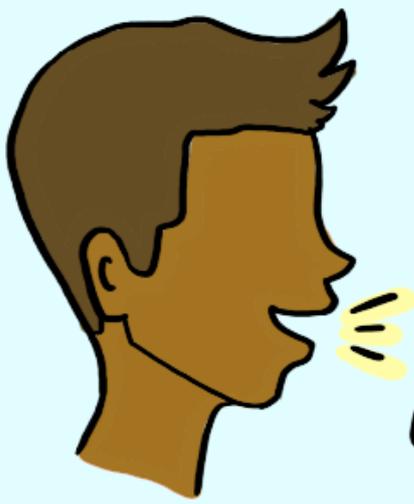




OXY

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# EXECUTING a spiritual conversation

## Divinely appointed

Before we carry out any Spiritual Conversations, it is important that we pray about who the Lord is calling us to reach out to. As we surrender ourselves to be vessels in which other people can encounter the risen Lord, we also entrust that the Lord, who has acknowledged our “yes” to him, will be the one to lead to whom he desires for us to reach out to and love. When we pray about who the Lord is calling us to, we become more intentional in our act of reaching out and move with his invitations.



## Preparation & prayer

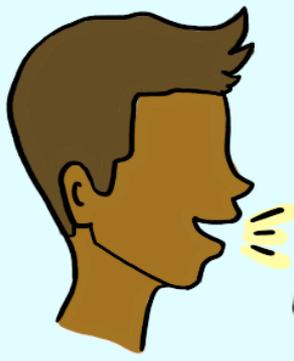
In the time leading up to the conversation, it is essential that we prepare our hearts to love as we converse with the other. Prayer and fasting are just 2 ways we can do so, as we intercede to the Lord. We can also pray for those we are reaching out to, that they may be vulnerable in sharing and that their hearts will be open to receive during the conversation. Having our 3-minute testimony at hand can also be helpful in being prepared to stir faith, should the opportunity arise.



## Meeting them where they are

Once we know who we are being called to reach out to, our next step is to acknowledge that every person and their circumstances are unique as they go through different seasons in their lives. It is thus important for us to know more about where they may be before we enter into the conversation with them, in order to meet them where they are.





# how do I meet them where they are?

1) FIND OUT HOW  
THEY'VE BEEN, WHAT  
INTERESTS THEM.

2) FIND OUT MORE  
USING THESE  
QUESTIONS

★REMEMBER!  
CONVOS can be  
SPIRITUAL  
without explicitly  
talking about  
Jesus.

Questions exploring **what this person may be going through in their life at this moment.**

*Examples: Is this person going through a period of transition with loads of changes to adapt to? How are the relationships in his/her life going? Is there a particular struggle he/she is facing?*

Knowing some of these answers gives us a better idea of what the person may be facing now, and helps in the way we approach them in the conversation. It creates that space for trust, letting them know that we care about what is happening in their lives!

Questions that help us **understand what the person's view of the Christian faith is like.**

*Examples: Does he/she have a positive or negative view of Christianity? What has shaped this impression of Christianity as a whole?*

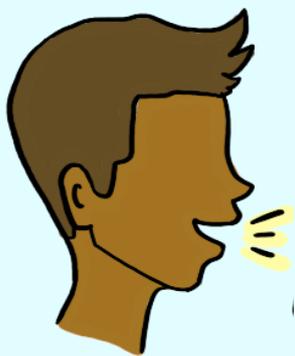
This can reveal that a person may have a bad impression of Christianity because of previous negative experiences. Conversely, some may have a positive view of Christianity because they have a good Christian friend who shared the faith with them. This is helpful in understanding where they may be coming from, and how people and events have shaped their view or relationship with God!

Questions that **help us understand how intentional they are in their relationship with Jesus, regardless of whether or not they are Christian.**

*Examples: Is he/she serious in desiring a relationship with God or taking a more passive stance? Is he/she just looking to be an observer of the faith or does he/she want to be a follower of Christ?*

Having these answers will allow us to know the right moment to challenge them, give encouragement, affirm, or invite them to take active steps in building their life around Christ!

This is just one framework you can use to springboard your conversation! There are other frameworks that might be more effective for you to use in your spiritual conversations. Some alternative frameworks can be found at <https://oy.org.sg/faithresources/spconvos/>



## What do I do with their answers?

Remember that each person is unique, and therefore your response to them will be unique too! Bearing that in mind, however, here are some guidelines which might be helpful:

**If someone is more open and shares about his or her desires to be a disciple...**

consider asking more questions to invite them to think about what the Lord is calling them to do and what that entails. We can also consider challenging them more boldly!

**If someone is closed off or struggling to commit to following God...**

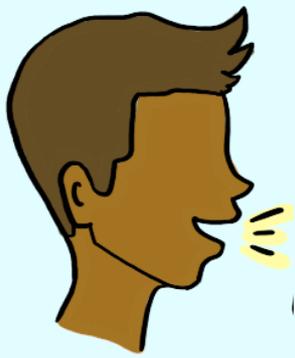
the next loving thing to do is to sit and listen, and understand why they feel that way. Remember that God is with them in their struggle, even if they don't know or believe it themselves yet!

# ENVIRONMENT

Although deciding on the location for our spiritual conversation may seem like something trivial, it is actually an important element to take into account. It is important to choose a suitable location where the environment creates that space for the individual to feel safe, vulnerable, and free to express his or her feelings. Are there many people walking around? Is it very noisy? Is it a good spot where we won't be interrupted or distracted during the conversation? These are just some questions to ask ourselves as we select a suitable location.

No matter what, the important thing is for the person to feel comfortable as he or she speaks and shares! May we practice this art of being aware and sensitive to the person and our surroundings!





# DURING THE CONVERSATION



## LISTEN

SHOW THAT WHAT THEY SAY MATTERS

- exercise patience and understanding
- do not be quick to judge or condemn
- Be present to what they are saying!
- do not be distracted thinking of how to respond.



## SPEAK

SHOW THEM TRUTH + LOVE!

- Ask open-ended questions to fuel convo!
- Dare to speak truths over lies & to seek clarification
- Help identify feelings!
- Do not force sharing if they are uncomfortable



## BODY LANGUAGE

Outward signs of your inner disposition

### Body language of the other

Body can be an indicator of one's feelings or openness to sharing vulnerably. For example, clenched fists and a lack of eye-contact could mean discomfort and an untrusting mentality. By being attentive to the other's body language, we become aware of how they may be feeling, in turn allowing us to know how we can act to help them open up & feel more comfortable with sharing. You could also share your own stories and experiences first in order to assure them that it is a safe space!

### Body language of self

It is equally important to be aware of our own body language. Our body language can often influence the receptiveness of another, so it's important that our body language speaks of openness & attentiveness. Simple acts such as sitting up straight and looking at whom we are speaking to instead of slouching and checking our phones can go miles in showing our genuine interest & desire to know more about their lives



# SPIRIT-LED CONVERSATIONS

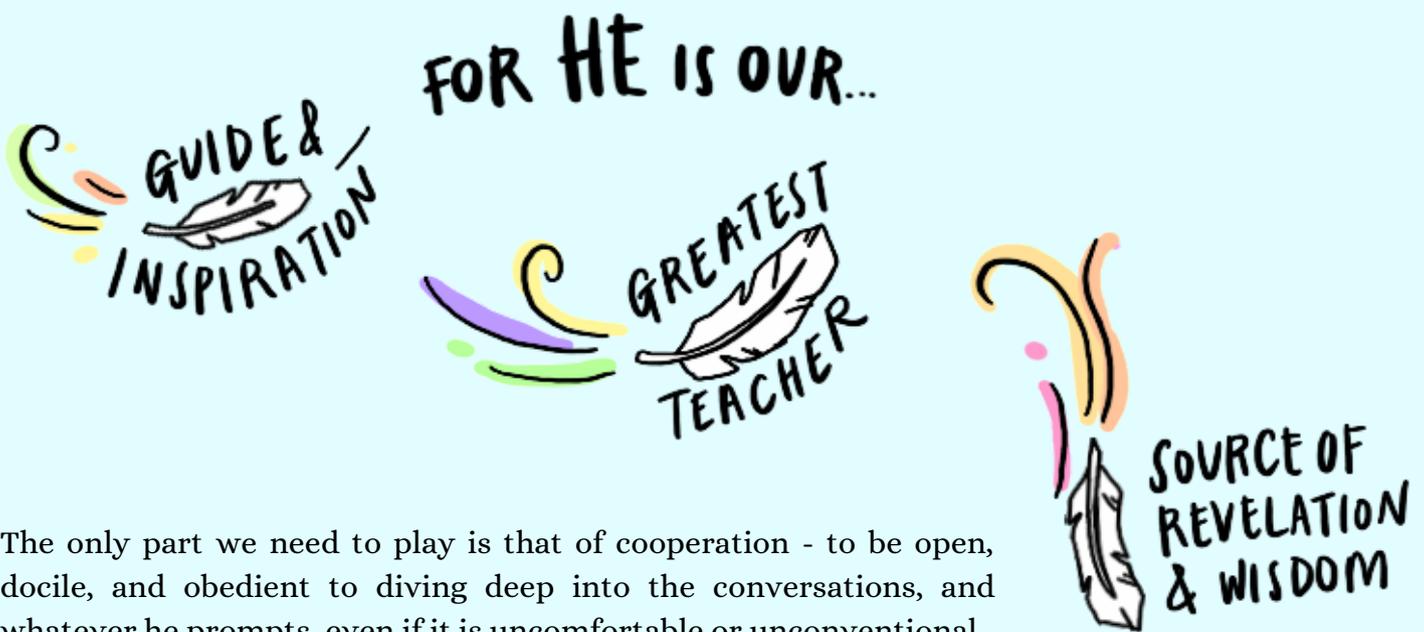
"FOR THE HOLY SPIRIT WILL TEACH YOU AT THAT VERY HOUR WHAT YOU OUGHT TO SAY." LK 12:12

While this handbook shares guidelines to follow for a good spiritual conversation, let us remember not to limit a good spiritual conversation to the guidelines stated here. We must respond to each unique individual, and be open and sensitive to the needs of each person. That could mean spontaneously praying for our sister or brother or simply keeping still and holding space for them to share.

Sometimes, we may be called to an unconventional way of having a spiritual conversation or ministering. When that happens, remember to be open to where the Holy Spirit leads us!

*"But when he, the Spirit of truth, comes, He will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come." John 16:13*

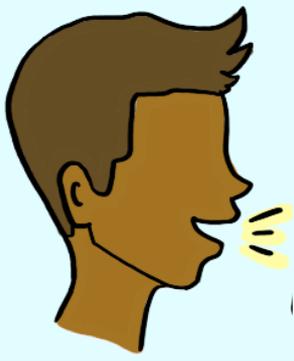
It is important for us not to look at this as a fixed structured way in which we have to carry out spiritual conversations, but to learn to be guided by the power of the Holy Spirit instead. Instead of following guidelines strictly, it is more important to have reliance on Him, since He knows best.



The only part we need to play is that of cooperation - to be open, docile, and obedient to diving deep into the conversations, and whatever he prompts, even if it is uncomfortable or unconventional.

Sensitivity to the promptings of the Holy Spirit takes time and practice, so cultivate your personal relationship with Him in prayer and learn to listen to His voice. As we continue to do so, we become more in tune with what He is inviting us to do in every situation of every day.



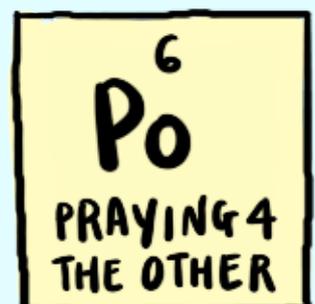
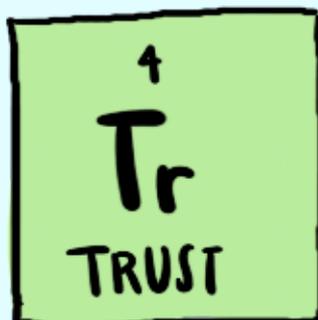
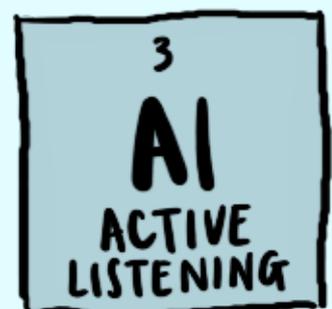


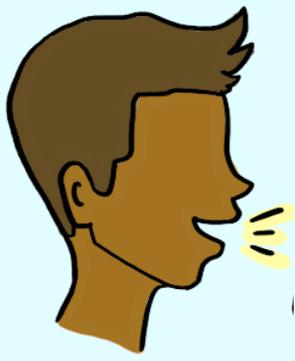
# Conversation conclusion:



When the time of conversation comes to a close, if possible, always try to end off the conversation in prayer together. No matter the outcome, we always praise and thank God for what transpired during the conversation, and ask God to continue stirring up our faiths, even after the conversation!

## elements of a GOOD CONVERSATION





# ENCOUNTERING DIFFICULTIES AND BUMPS IN SPIRITUAL CONVERSATIONS

What happens when things don't go well?

## Managing our Expectations



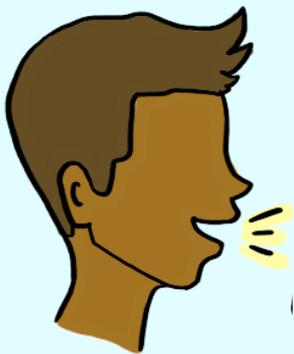
To help prevent feelings of discouragement from surfacing, we need to learn to manage our expectations of how the conversation is going to go. It is wise not to go into the conversation with such high expectancy or our own set expectations on how we, ourselves, want things to transpire.

This is not to say that we should enter with no expectations at all, but instead, to enter with an expectant but submissive faith, in willing for things to transpire according to how God wills for it, even if it is contrastingly different to what you had hoped.



## New Lenses

When we face lies that tell us we should have done better or that we are not good enough, it is likely because of the way we viewed the spiritual conversation and relationship as a whole. It is important for us to re-examine our intentions behind the conversation and the way in which we approach people. While we desire to help them realise the goodness of God, we must be cautious not to look at them as projects to be fixed or problems that need to be solved, but people whom God sent to us to love and care for. Let us align our hearts with God and act out of a pure and genuine love.



## Surrender Amidst Uncertainty & Frustration

Bearing in mind that the ones we are speaking to are people whom God sent us to love, something to ask ourselves is this: *What does loving them entail in this situation?*

When things do not go according to what we had hoped, loving them would also mean choosing to consciously surrender and entrust the person, and the conversation to God. Rest in the knowledge that the Lord, who is the ultimate healer and saviour, will love them beyond what you can yourself! Remember that we are only the labourers in the vineyard of the Lord. It is God alone who gives the growth. Yet, the part that God calls us to play is important too!

*"I planted, Apollos watered, but God gave the growth. So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labour of each."*

- 1 Cor 3:6-8 -

At all times, remember that it is God, and not us, who will save them. Even if it is not at that exact moment, Jesus works in his time and his timing is perfect. All we need do is trust!

*"Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act."* - Psalm 37:4-5 -

The invitation for us is to choose to surrender the individual to Jesus. Trust that the Lord has used us as his instrument to plant a seed in their heart, and that Jesus will continue to nourish that seed into something greater. He who is working in each one of us can do infinitely more than we can ever ask or imagine!

## Self-care & Receiving

It is okay to find ourselves feeling discouraged, helpless or inadequate. However, it is important not to remain in that pit of lies. Let us not be afraid or reluctant to seek help with a humble heart. Instead of keeping these feelings within us, and trying to resolve our worries on our own, this is where we need to be bold and intentional in reaching out to receive prayer from a friend or a spiritual mentor, and cast our anxieties to Jesus!

*"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."*

- 1 Peter 5:6-7 -

Just as you are reaching out to another through spiritual conversations to share in their burden, remember that the Lord too has placed people in your own life to support you and share in your burdens.

# TAKE A MOMENT to reflect...

- 1) Who is the Lord calling me to reach out to today? Pray about it!
- 2) What are some of my strengths that might help me in spiritual convos?
- 3) What are some weaknesses that might hinder me from having a good convo?