

Let the Spirit Breathe

Pray for a transformative experience of understanding and well-being.

Step One: Imagine the Conversation Beforehand

- Imagine being in the conversation to sense your and the other person's perspective/story.
- Ask:
 - What feelings will I have?
 - What feelings might emerge in the other person?
 - What pressures or anxieties am I under?
 - How will I handle my and their feelings?
- Have an "internal" conversation about what the conversation may say about "you" (your identity) and how it might impact the other person's identity.

Step Two: What Is My Purpose? Clarify Your Hopes.

- Ask:
 - What do I want to accomplish?
 - Can a conversation promote mutual understanding and well-being?
 - Do I feel grounded and balanced in my own feelings?
 - Is this more about me or my identity?
 - Whose interest am I serving?

Step Three: Do I Proceed?

- Ask:
 - Why do I want this conversation?
 - If I don't have a conversation, what will likely happen?
 - What missional practice can I adopt to be awake to Christ's peace?
- Decide to proceed or not.

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Step One: Start by Being Open and Communicate Your Purpose with Clarity

- Acknowledge and welcome differences.
- State your purpose. Be genuine!

Step Two: Explore Their Story and Yours as a “Learning Conversation”

- Inquire, be curious and listen to learn and understand the other person’s story!
- Paraphrase to check understanding and show you are listening.
- Acknowledge feelings and demonstrate you are trying to understand.

Step Three: Move toward a Better Future

- Invite one another’s hopes for what each would like to happen going forward.
- Draw on shared values and concerns.

Step Four: End with Commitments

- Be as specific as practicable.
- If further conversation is needed, schedule a committed time and place to meet again.



Community of Christ

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