

Intentional Conversations: A Missional Practice

Missional practices: *cultivating new understandings, ways of being, and living Christ's mission.*

Purpose: Intentional Conversations challenge us to *slow down* and go much deeper than transactional conversations. This approach to conversation invites us to connect with others at a deeply personal and authentic level – to understand this practice as deeply spiritual where we begin to encounter the presence of Christ that dwells within the soul of each person we meet. This way of living begins to profoundly impact the care and thoughtfulness with which we approach each conversation as though we were in conversation with God.

Steps:

1. Pray the Mission Prayer when you rise in the morning.
2. Pray the phrase “*Help me be fully awake and ready to respond*” at mid-morning, lunch, mid-afternoon, and before the end of your work day.
3. As you engage in conversations throughout the day imagine you are greeting the risen Christ during each conversation. Listen deeply and seek to be *fully awake* to the presence of Christ that dwells deep with the soul of each person you meet.
4. After each conversation give thanks for your encounter with Christ.
5. Before sleep, reflect on how Christ was revealed in each person and conversation.

Tips for the Process:

- This is challenging work! To be fully present and awake to presence of Christ in others takes practice and a new level of awareness. Don't get discouraged if you look back on your day and can't identify moments of awareness in conversation with others.
- Try to establish a rhythm with your prayer based on times you transition between tasks. Think of breathing as a way to remember the prayer. When you breathe in focus on “*awake*” and when you breathe out focus on “*respond*”. Consider spending a few moments simply allowing your breaths to carry the prayer *awake, respond, awake, respond*.
- Practice at home with your family members or at church. Deep listening and sensitivity to the presence of Christ in others is a practice that matures over time. Be patient but intentional. Intentional Conversations challenge us to *slow down* and go much deeper than transactional conversations. This approach to conversation invites us to connect with others at a deeply personal and authentic level – to understand this practice as deeply spiritual where we begin to encounter the presence of Christ that dwells within the soul of each person we meet. This way of living begins to profoundly impact the care and thoughtfulness with which we approach each conversation as though we were in conversation with God