

**THE SIX
CONVERSATIONS**

Pathways to

Connecting

in an Age

of Isolation

and

Incivility

**HEATHER
HOLLEMAN**

FOREWORD BY GARY CHAPMAN

Loving Connections

The Current Problem

- ▶ Faith Conversations
- ▶ Epidemic of loneliness
- ▶ Harvard Grant Study

The Question:

How do we have better conversations to foster the warm connections so vital for enhancing well-being, blessing others, and introducing them to Jesus?

The Four Mindsets

- ▶ Be curious
- ▶ Believe the best
- ▶ Express concern
- ▶ Share your life

The Four Mindsets: A Theology

- ▶ Philippians 2:3-7
- ▶ Romans 12:10-21
- ▶ Galatians 6:1-3
- ▶ 1 Thessalonians 2:8

The Four Mindsets: A Theology

▶ Philippians 2:3-7

Do nothing from selfish ambition or conceit, but in **humility count others more significant than yourselves**. Let each of you look not only to his own interests, but also **to the interests of others**. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but **emptied himself, by taking the form of a servant, being born in the likeness of men**.

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Believe the best



Be curious
Express concern



Share your life

The Four Mindsets: A Theology

- ▶ Philippians 2:3-7
- ▶ Romans 12:10-16

**Outdo one another in showing honor. . . .
Contribute to the needs of the saints and seek to show hospitality. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.**



Believe the best



Express concern



Share your life

The Four Mindsets: A Theology

- ▶ Philippians 2:3-7
- ▶ Romans 12:9-21
- ▶ Galatians 6:1-3

If anyone is caught in any transgression, you who are spiritual should restore him in **a spirit of gentleness**. Keep watch on yourself, lest you too be tempted. **Bear one another's burdens**, and so fulfill the law of Christ. **For if anyone thinks he is something, when he is nothing, he deceives himself.**

The Four Mindsets: A Theology

- ▶ Philippians 2:3-7
- ▶ Romans 12:9-21
- ▶ Galatians 6:1-3
- ▶ 1 Thessalonians 2:8

Because we loved you so much, we were delighted to share with you not only the gospel of God **but our lives as well.**

Mindset #1: Be Curious.

- ▶ Believe others have value, dignity, and reveal something unique
- ▶ Believe others can teach you or catalyze something
- ▶ Believe interpersonal curiosity is good for you

Cultivating Curiosity

I'M SO CURIOUS! TELL
ME ABOUT _____.



Mindset #2: Believe the Best.

You can't hate someone whose
story you know.

~Dr. Margaret Wheatley,
Community Building Expert

Mindset #2: Believe the Best.

- ▶ Unconditional positive regard
- ▶ Unmerited favor
- ▶ People are doing their best
- ▶ There's often a story behind bad behavior
- ▶ Imagine others as children

Mindset #2: Believe the Best.

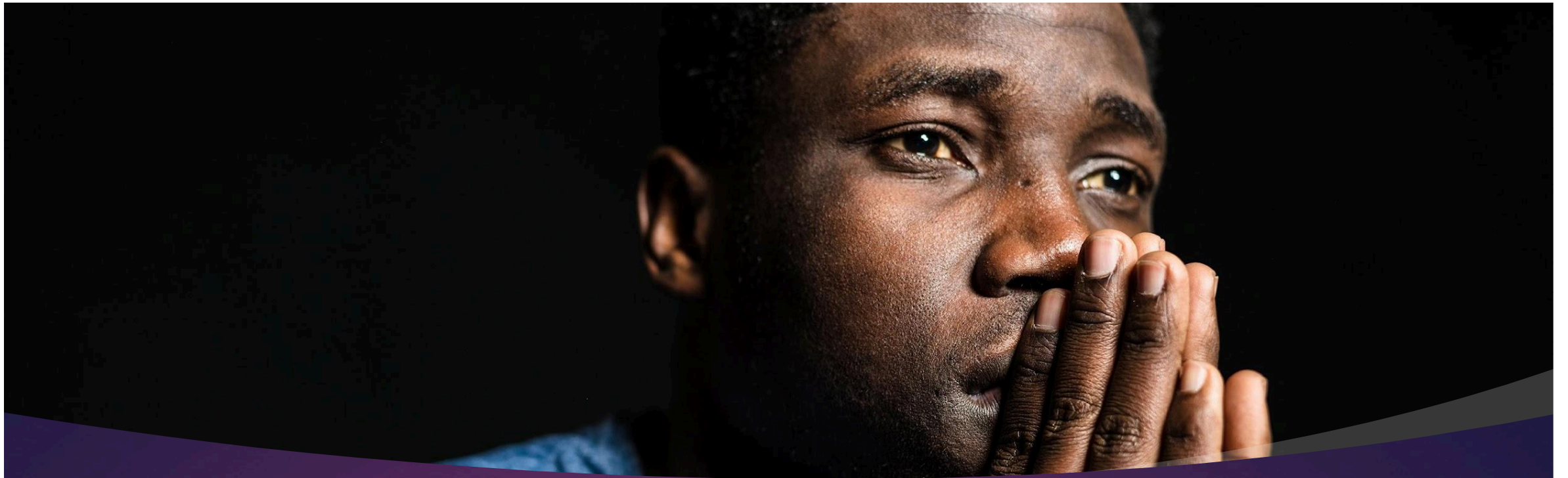


- ▶ I like being with you.
- ▶ I admire this about you.
- ▶ I loved it when you did this.
- ▶ I love this memory I have of you.
- ▶ You did a great thing.
- ▶ I noticed this about your character.

Challenge: Express Gratitude

- ▶ For what someone did for you
- ▶ For a memory you shared together
- ▶ For what you appreciate about that person





Mindset #3: Express
concern.

An optimal relationship =
people assume a special
responsibility for one
another's welfare.

Mindset #3: Express concern.



What are the major stressors?

Upcoming decisions?

Worries?

Mindset #4: Share Your Life.

Friendship is born at that moment when one person says to another, "What? You too? I thought I was the only one!"

~C.S. Lewis



Personal Inventory: Where am I strongest? Where am I weakest?

- ▶ Be curious
- ▶ Believe the best
- ▶ Express concern
- ▶ Share your life

Then What? Use the Six Conversation Pathways.

Tell me about:

1. Social
2. Emotional
3. Physical
4. Cognitive
5. Volitional
6. Spiritual

Use the Six Pathways.

1. Social People
2. Emotional Emotions
3. Physical Body and Physical Spaces
4. Cognitive Thought Processes
5. Volitional Choices
6. Spiritual Soul, Spirit, Religion

Use the Six Pathways

- ▶ **Social:** Who have you been spending time with lately?
- ▶ **Emotional:** How have you been feeling about _____?
- ▶ **Physical:** How have you been sleeping? How is your home?
- ▶ **Cognitive:** What have you been thinking about lately?
- ▶ **Volitional:** What major decisions have you made or will you need to make?
- ▶ **Spiritual:** How is your spiritual life? What are you reading in the Bible?

Endless Permutations

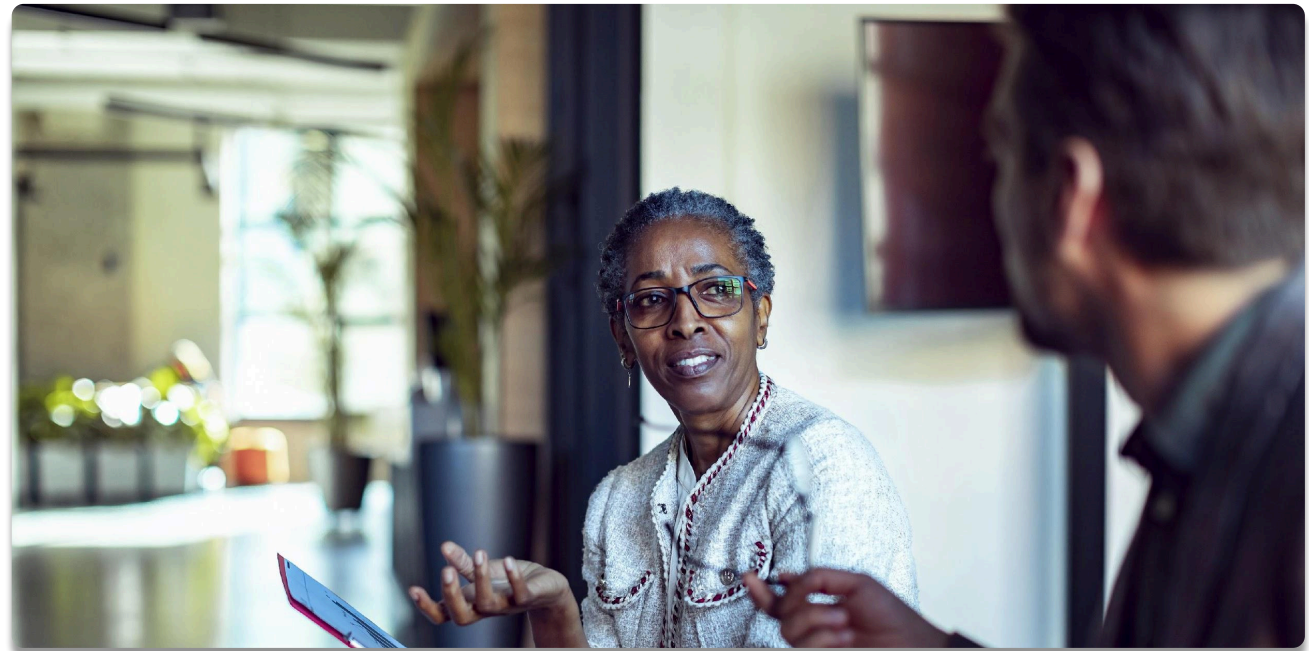
1. Social Who was there?
2. Emotional How did it make you feel?
3. Physical How did your body handle it?
4. Cognitive What did you learn?
5. Volitional What did you then decide?
6. Spiritual How was your faith impacted?

Use the Six Pathways.

1. Social People
2. Emotional Emotions
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3 Fresh Goals in Conversation

- ▶ Encouragement
- ▶ Personal Growth
- ▶ Marveling



3 Fresh Goals in Conversation

▶ Encouragement

Do not let any unwholesome talk come out of your mouths, but only what is helpful for **building others up** according to their needs, that it may benefit those who listen. Ephesians 4:29

3 Fresh Goals in Conversation

▶ Personal Growth

And let us consider how we may **spur one another** on toward love and good deeds. . . Hebrews 10:24

3 Fresh Goals in Conversation

▶ Marveling

Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. **Sing and make music from your heart to the Lord, always giving thanks** to God the Father for everything, in the name of our Lord Jesus Christ. Ephesians 6:18-21



3 Fresh Goals in Conversation

- ▶ Encouragement
- ▶ Personal Growth
- ▶ Marveling

The Six Conversations in Action

How are you feeling?

“Bewildered.”

- ▶ Who **else** are you sharing your feelings with? Social
- ▶ What **other feelings** go with that?
Emotional
- ▶ How does this show up in your **body**?
Physical
- ▶ How do you **make sense** of this emotion?
Cognitive
- ▶ What **do you do** when you feel this way?
Volitional
- ▶ How does it feel **spiritually** to be in that emotion? Spiritual

The Six Conversations in Action

How are you feeling?

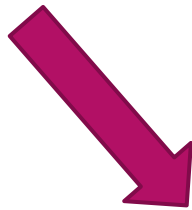
“Bewildered.”

- ▶ Who else are you sharing your feelings with?
- ▶ What other feelings go with that?
- ▶ **How does this show up in your body?**
Physical
- ▶ How do you make sense of this emotion?
- ▶ **What do you do when you feel this way?**
- ▶ How does it feel spiritually to be in that emotion?

Volitional

Best Tips: A Better Verb

▶ How **was** your day?



What **surprised** you about your day?

It's Easy!

You: How are your grandchildren?

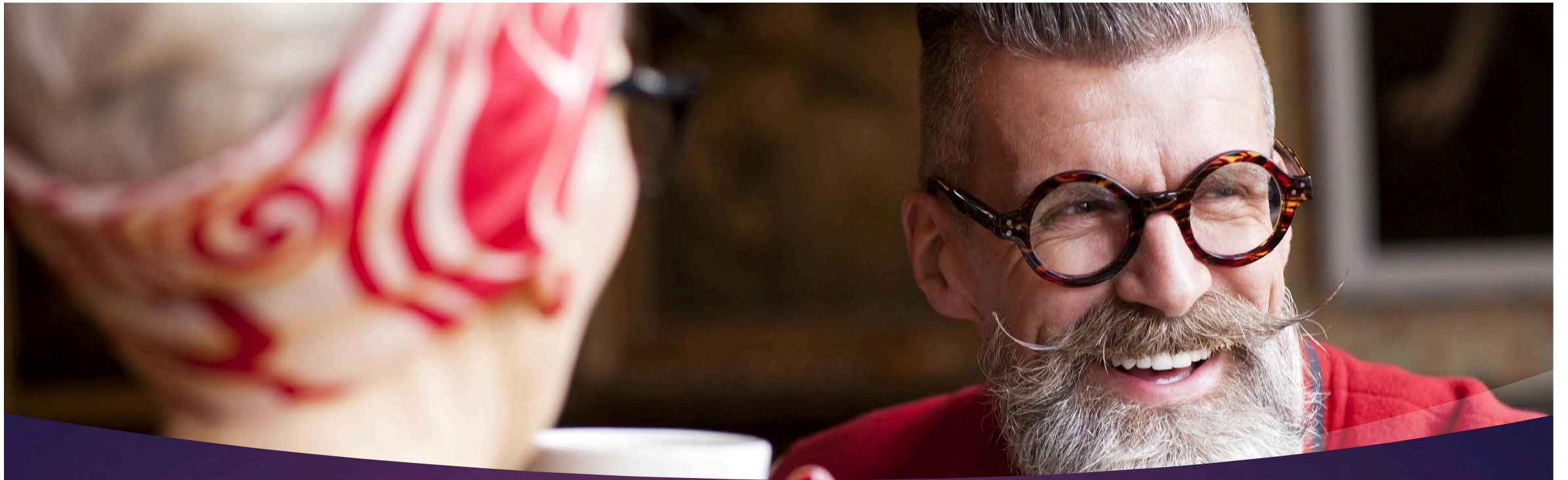
Her: Great! I'm seeing them this weekend.

You: What will you do with them?

Her: We will bake cookies.

You:

*social *emotional *physical *cognitive * volitional * spiritual



Listening for Core
Values

It sounds like you
value _____.



Preferred Conversations

- ▶ Tell me the story about your _____.

In Conclusion:

- ▶ 4 Mindsets
- ▶ 6 Conversational Pathways
- ▶ 3 Fresh Goals

Do it “By Faith”

- ▶ Ask for wisdom from the Holy Spirit
- ▶ Ask questions by faith