

Cultivating Conversations



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“Listening is much more than allowing another to talk while waiting for a chance to respond. Listening is paying full attention to others and welcoming them into our very beings. The beauty of listening is that, those who are listened to start feeling accepted, start taking their words more seriously and discovering their own true selves. **Listening is a form of spiritual hospitality** by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you....”

-Henri J. M. Nouwen

In the midst of your everyday exchanges, look for a chance to ask one uncommon question...and then listen. REALLY listen.

Here are a few questions to get you started:

- If you had one full day with no obligations, what would you do?
Where would you go? Who would you spend time with?
- What's one brave thing you've done or said?
- If your home were on fire, what one thing would you save?
- If you could ask God anything right now, what would you ask?
- What superpower would you like to have?
- If you were an animal, what would you be?

artwork by keith negley

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