



# Conversation Kit

## 1. Common Struggles and Challenges People Face

You may often hear people talk about challenges like:

- Feeling broken
- Feeling alone
- Mental health or anxiety
- Disappointment
- Questions about aging or identity
- Parenting or family pressure
- Work stress or burnout
- Financial stress
- Regret or unforgiveness
- Grief and loss
- Wanting to belong
- Searching for purpose
- Life transitions or big changes
- Feeling overwhelmed by the world
- Needing guidance
- Deep struggles or suffering
- Longing for renewal
- Feeling confused
- Struggles in their role as a parent
- Family tension or disconnection

## 2. 5 Simple Questions for Meaningful Conversations

These questions are gentle, open-ended, and can open doors to deeper connection and even spiritual reflection:

1. **What's been heavy on your heart lately?**  
→ Gives them space to share what matters most right now.
2. **Where do you feel stuck or uncertain these days?**  
→ Helps uncover areas of internal or external struggle.
3. **What kind of support or encouragement would help you most right now?**  
→ Moves the conversation toward care and hope.
4. **What have you been carrying quietly on your own lately?**  
→ Gently invites them to share hidden burdens.
5. **What do you wish someone would ask or notice about your life right now?**  
→ Creates space for deeply personal or overlooked stories.

### 3. A Real Conversation Example

Here's how a conversation might naturally unfold with someone who isn't a Christian—moving gently from distrust to spiritual curiosity:

#### 1. Distrusting

**You:** "What's been heavy on your heart lately?"

**Friend:** "Honestly? Life's exhausting. Feels like nothing ever changes—work, family, stress. I try to stay positive, but I'm kind of over it."

**You:** "That sounds really hard. I'm so sorry. Thanks for being real with me."

*(No advice, no fixing—just presence.)*

#### 2. Opening

**Friend:** "Yeah... most people just say, 'Hang in there,' and move on."

**You:** "I get that. We all need places where we can actually be real—without quick fixes."

*(Pause. Let them feel safe.)*

**You (gently):** "Do you ever wonder if there's something more—like something bigger that could meet you in the middle of all this?"

**Friend:** "Sometimes... I've tried therapy, meditation... It helps a bit, but doesn't really go deep enough."

#### 3. Exploring

**You:** "Yeah, I've felt that too—like I needed peace that wasn't just temporary. Something more real."

**Friend:** "So what helped you?"

**You:** "Honestly... I started talking to God—even before I really believed in Him. I just shared what I was feeling. And something slowly started to shift."

*(Share a personal, honest story—not a sermon.)*

#### 4. Discovering

**Friend:** "I never thought of prayer like that. I thought you had to be religious."

**You:** "I used to think that too. But I've learned God doesn't wait for us to have it all figured out. He invites us just as we are."

**Friend:** "I'm not sure I believe all that... but maybe I'd try talking to God. I just don't know how."

**You:** "That's okay! Want me to show you how I sometimes do it? No fancy words. Just honest ones."

### Summary of the Journey

- **Distrusting** – They feel hopeless or skeptical that anything can really help.
- **Opening** – They begin to share honestly and feel seen.
- **Exploring** – They hear your personal story, not a preachy message.
- **Discovering** – They become spiritually curious, even if not yet convinced.