

## **How to hold a Holy Dialogue! 7 easy steps**

**1. First and most important: are you ready to listen with curiosity and compassion?**

Your attitude will set the tone. Prepare yourself with prayer or in whatever way helps you to bring your best self to the conversation.

**2. Think about what you most want to know - and ask! - in a curious and compassionate way.**

For example, "Can you tell me about your faith tradition's position on homosexuality - I'm so curious how you feel about that." Or perhaps..."I never heard that an LGBT person could be a Christian. Can you tell me about your Christian faith?"

**3. After you have asked your question, listen - really, really listen.**

Don't interrupt, don't share your story, don't do anything except show curiosity and compassion. Your turn will come!

**4. Now it's your turn!**

But before you share your own thoughts or story or whatever you really want to say, first you need to say something loving about what was just shared with you - you listened with curiosity and compassion, now reflect that in words, out loud, to your dialogue partner.

**5. After you have shared your thoughts or story, now you wait for a response to what you said.**

But here is the secret - while you wait, smile and see how much compassion and curiosity you can share with your eyes, with your smile, with your posture. You are creating a real connection here, a new friendship, perhaps!

**6. Keep it going!**

Ask questions, answer them, show compassion and curiosity in everything you say and do.

**7. End on a loving note.**

What is a good way to end a Holy Dialogue - what's your favorite?