

SPIRAL Conversations

A simple way to let everyday conversations move naturally toward deeper and even spiritual places.

Most of us want to talk about things that matter, including faith. The challenge is knowing how to get there in a way that feels natural instead of awkward. **SPIRAL Conversations** gives you a gentle pathway that follows the normal movement of trust in any relationship. You start simple and let the conversation grow at the pace of the other person.

Below are the six steps of the **SPIRAL**. Use them as a guide, not a script. The goal is to pay attention to where a conversation currently is and to take the next small step.

—

S. Start Simple

Begin with normal, everyday connection. Notice the person in front of you. Be friendly and curious. Ask something like, “How has your week been?” or “I always see you here. What brings you to this spot?”

This builds connection without pressure or agenda.

P. Personalize

Move one layer deeper. Ask a question that shows genuine interest in their life. For example: “You mentioned work has been stressful. How are you holding up with all of that?”

This communicates care and gives the conversation room to grow.

I. Invite Depth

When the moment feels right, open up a little yourself. Share something small from your own story, such as a hope, struggle or question you have been thinking about.

Your honesty creates space for them to be honest too.

R. Relate Faith

If the conversation is already meaningful, let your faith enter the picture in a natural way. You might say something like, “Prayer has helped me stay grounded lately,” or “That reminds me of something Jesus said that has stuck with me.”

Don't force a message; just be real about what shapes your life.



A. Ask to Explore

When someone shows curiosity, you can invite them to explore spiritual things with you. A simple question works well, such as, "Would you ever want to read one of Jesus' stories together and talk about it?"

This is not about explaining everything. It is about discovering together.

L. Let It Grow

The final step is patience. Let the relationship and the conversation develop at a healthy pace. Most meaningful spiritual conversations grow slowly over time.

Trust the Spirit to guide the process.

Putting It All Together

SPIRAL Conversations helps you move from simple connection to meaningful and sometimes spiritual dialogue without pressure or awkwardness. It gives you a gentle way to walk with people at their pace.

If you keep these six movements in mind, you will find that conversations often deepen naturally. This is how spiritual growth frequently begins. One honest moment at a time, in ordinary conversations with real people.

