



Session 1: Opening the Conversation

Why are some subjects harder to talk about than others?

We begin the course by taking an honest look at how we feel about sharing our faith.

We find that many people share the same anxieties, but that getting started can be easier than we might think.

Video

Conversation starters and stoppers

Put a tick on each line to show how hard or easy you'd find it to talk to a new friend or work colleague about each of these subjects. For example:

A favourite food/recipe

very hard *quite hard* *neutral* *quite easy* ✓ *very easy*

A favourite food/recipe

My family

Politics

A recent holiday or trip

A TV show I enjoyed

My job/voluntary work

The church I go to

My faith

Some reasons people find it hard to talk about faith

- 1) Blush (it's too personal or private)
- 2) Hush (I wouldn't really know what to say)
- 3) Rush (I would struggle to find the time)
- 4) Push (I don't have a right to force my faith on anybody else)
- 5) Gush (I wouldn't feel able to speak intelligently about my faith)
- 6) Mush (my own faith feels confused or unclear)
- 7) Crush (I'm worried or scared how people might respond)

It's entirely natural

Most people experience all these problems at some point when thinking about sharing their faith. It can feel as if there's a lot at stake. We can feel nervous about saying the wrong thing, or getting into a discussion where we feel out of our depth.

Looking forward

In the rest of the course we'll learn to feel more comfortable about sharing our faith. We'll start to think about what we might say – and gather a few props, hints, clues and reminders that might give us a way in when we feel hesitant or unsure. We'll also find that God goes ahead of us and we don't need to be afraid.