



# LivingDeeper

Spiritual conversations with friends

## Build a Legacy of Meaningful Friendships

When I think about the relationships that have meant the most to me, I think about people I've enjoyed real conversations with—conversations about life and God.

LivingDeeper is a personal growth challenge—a challenge to enrich your life and the lives of others with thoughtful conversations.

## Share the Experience

One of the benefits of being in a small group is the opportunity to talk about life's most important issues—things like purpose, meaning, and Jesus. Unfortunately, not everyone has a safe place to discuss what truly matters in life.

But what if we expanded the circle of people we discussed meaningful topics with?

## A Simple Invitation

LivingDeeper involves a simple invitation. After discussing one of the questions found in *Soularium*<sup>®</sup> with your small group, discuss that same question with a friend—someone outside the group.

It's not just about asking a question, it's about deepening a friendship; it's about joining others on their spiritual journey. It's about *living deeper*.

## INTRODUCTION

### The Basic Idea

The concept is really simple. Just discuss one of the *Soularium*<sup>1</sup> questions with your small group over a two-week period. (For example: “*As you think about your life so far, which image best describes what you’ve experienced spiritually?*”) Half of your group will share their experiences during the first week; and the other half of your group will share during the second week.

Also, during this two-week period, you will be challenged to discuss that same *Soularium* question with a non-Christian friend...someone outside the group. That’s it!

### ATTITUDE IS EVERYTHING

The most important requirement for this personal growth challenge is attitude.

The attitudes we bring into a conversation are often times the most important factor affecting a relationship. When we approach discussions about faith with genuine care, curiosity, and enthusiasm, our conversations will be natural...and meaningful. Typically, conversations like this only feel awkward when *we’re* awkward. But, when we are truly interested in getting to know a friend’s journey, our interest feels very normal.

Once we have appropriate attitudes in place, connecting with friends about their spiritual journey is no longer a scary big deal. Instead, it becomes a very rich experience; one that you and your friend will likely remember for a long time.

Let’s look at three attitudes that will be important for LivingDeeper:

**Sincere Care**—Do you sincerely care about your friends? This might sound like a strange question, but this kind matters. Check your heart on this and make sure you truly care for them; and make sure that they really know you care—with your words and your actions.

*“If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal.”*  
1 Corinthians 13:1

**Unashamed Trust**—If you feel a sense of shame or embarrassment about being a follower of Christ, your insecurity will likely play itself out in your conversations. The people who are the most natural at connecting with friends spiritually, are often those who know in their hearts, “*Being a Christ-follower is part of who I am. I ask friends spiritual questions. I’m excited about that. And I get to see where God takes my conversations.*”

*“if you suffer as a Christian, do not be ashamed, but praise God that you bear that name...”*  
1 Peter 4:16

**Compassion**—It can be easy to think that people don’t really need God. And those around us are fine without Christ in their life. But God is humanity’s *only* hope for true meaning and ultimate happiness. Anything we seek in the universe for meaning or happiness will eventually fail. Beauty. Popularity. Achievement. Money. Status. These are all fleeting trivialities (especially compared to the enormity of knowing GOD). As the Psalmist recorded,

*“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”*  
Psalm 16:11

It is only in relationship with God that one’s deepest longings will ever be satisfied. Consequently, the greatest kindness I can give to someone is the kindness of pointing him or her towards Jesus.

It’s been said that, “*You can only feel loved to the extent that you feel known and accepted.*” LivingDeeper is an exercise in caring for our friends by listening to and understanding their spiritual journeys. And it’s an opportunity for your friends to know God through your own journey.

<sup>1</sup> For information about *Soularium*, go to: [cru.org/soularium](http://cru.org/soularium)  
LivingDeeper: [cru.org/soularium](http://cru.org/soularium) (under “Small Groups”)