



CONVERSATIONS ON

Change

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Inspiration is important. Finding hidden truths within ourselves is amazing. But there are some truths which can only emerge through dialogue and consultation.

Having meaningful conversations and building collective visions is like a super-power that enables us to build fellow-feeling, uncover solutions to problems in our daily lives and communities, and design paths to action which allow us to work together to really improve things; even if the steps are simple, even if the challenges seem great.

With this in mind, Elevate would like to give you a couple of questions which might help kick-start a conversation about this week's theme. These questions might be explored as a group after collective worship, around a family dinner-table, or on your daily walk-and-talk phone call with your best friend. However you choose to explore this theme, whichever questions strike a chord with you, we hope that you will enjoy the new understanding and actions that result from your journey!

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*How can prayer help our hearts
and communities to change?*

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*How do we know if we're
changing in the right direction?*

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*If change is sometimes
uncomfortable, how do we know if
our discomfort is good, or if we're
doing something wrong?*

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What changes do we see in our community? What changes are needed? How can we support the changes we like?

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*How can we maintain the optimism
and energy needed to work for
change in a sustainable way?*

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For inspirational quotes and prayers about this week's theme, take a look at our [Meditations document](#).

Visit the Elevate Hub to enjoy more [collections of themes](#) and [let us know](#) how they've supported you in your personal journey, or your efforts to improve the life of your community.

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