



# SPIRIT SPEAKING

[fixintolearn.com](http://fixintolearn.com)  
[susan.smith.uu@gmail.com](mailto:susan.smith.uu@gmail.com)

EXTEMPORANEOUS PREACHING  
TRAINING

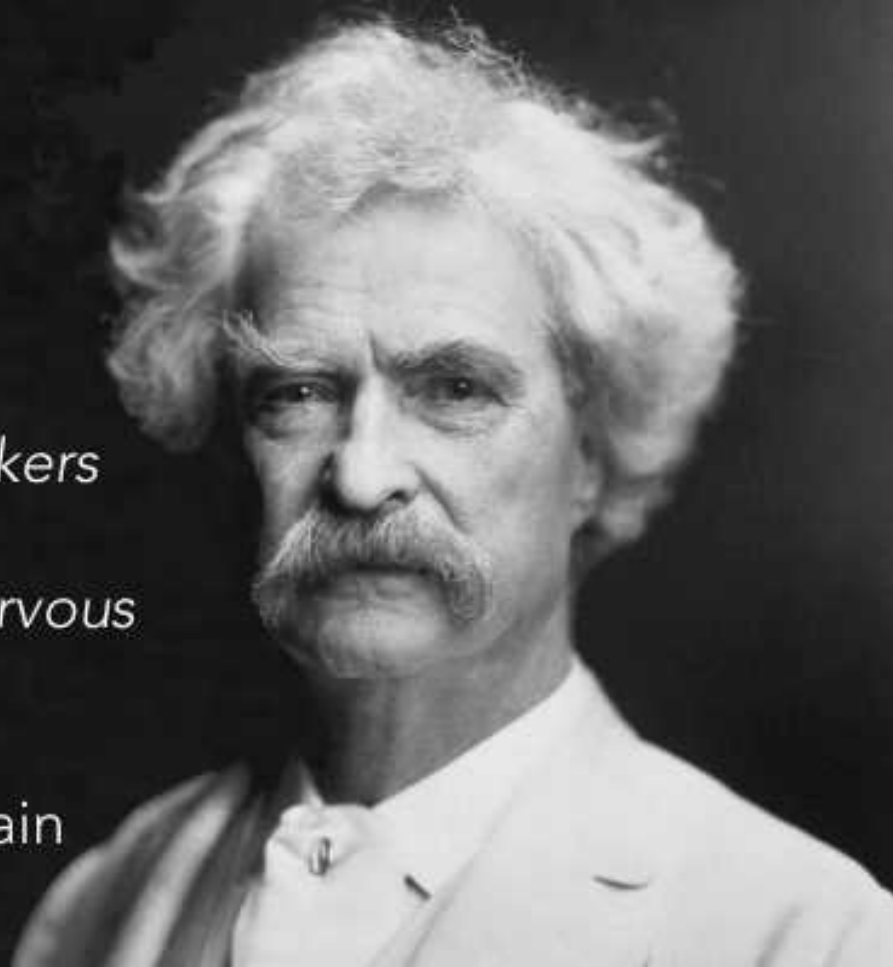
SWUUMA RETREAT 2016

THE REV. SUSAN M. SMITH

## THE TRUTH

*"There are only  
two types of speakers  
in this world.  
Those that get nervous  
and ... liars."*

- Mark Twain



**Glossophobia:  
The Fear of Public Speaking**

*The number-one fear in life is public speaking,  
and the number-two fear is death.  
This means that if you go to a funeral,  
you're better off in the casket  
than giving the eulogy.*

~ Jerry Seinfeld



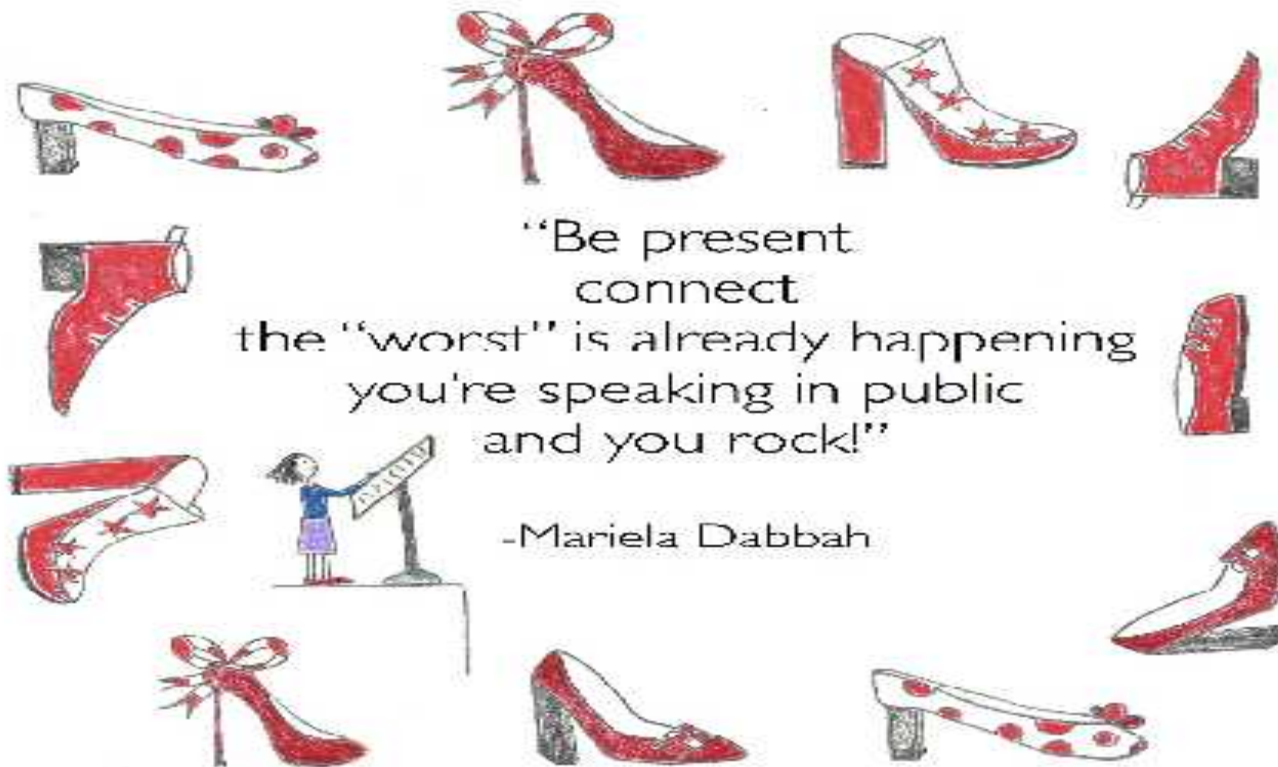
**Guess which one we are  
more likely to be!**

## 75% OF THE U.S. – 238 MILLION PEOPLE!!!

- More Women (44%) than Men (37%)
- More Whites (43%) than Persons of Color (34%)
- More High School Grads (52%) than College Grads (24%)



Makes preachers seem  
like super heroes!



“Be present  
connect  
the “worst” is already happening  
you’re speaking in public  
and you rock!”

-Mariela Dabbah



**Positive self-talk is  
indispensable!!**

“The human brain is a wonderful organ. It starts to work as soon as you are born and doesn't stop until you get up to deliver a speech.”

- GEORGE JESSEL



**But forethought and attitude  
can conquer all.**

# WHAT KIND OF SERMON IS THIS???

## Types of Speeches

- Informative – Knowledge, Clarity, Understanding
- Evocative – Goodwill, Enthusiasm, Inspiration
- Entertainment – Pleasure
- Argumentative – Teach, Change, Support
- Persuade – Action, Loyalty
- Special Occasions – Celebrate, Honor, Thank



# HOW TO START SPEAKING

- The Usual Suspects -- Ask a question; State a fact or statistic; Make a statement; Tell a joke; Tell a story; Quote someone
- Nick Morgan in *Forbes* – Describe the past; Evoke a strong emotion; Praise the listeners; Boil it down; Make a big demand; Break it down into ? of steps/points; Map a future; Cast a vision
- Break one of the “Don’t’s” Rules – Introduce yourself; State your topic; Thank the listener; Explain yourself – Judicially
- Use Susan Smith’s complete fall back position – “I don’t even know how to begin to speak to you about this X but it’s important that I try so please bear with me.”





“All the great  
speakers were  
bad speakers at  
first.”

- Ralph Waldo  
Emerson



And middling for even longer

A speech is poetry: cadence,  
rhythm, imagery, sweep! A speech  
reminds us that words, like  
children, have power to make dance  
the dullest beanbag of a heart

Peggy Noonan



Engage your whole self



## **JOHN FORD**

You can speak well if your tongue can deliver  
the message of your heart.



**This is communication;  
NOT performance**



**"The success of your  
presentation will be  
judged  
not by the knowledge  
you send  
but by what the  
listener  
receives."**

**-- Lilly Walters**

PivotalPublicSpeaking.com



**Strive for a two-way  
communication loop**

# HOW TO START – BEFORE YOU SPEAK

- Power poses (large and open) build confidence
- Make yourself comfortable – get a grip, be awake, finish digesting
- Seek your authentic self – pray, ground yourself in the moment
- Make sure that you are breathing (and continue to do so)
- Ride the initial wave of good vibrations from the listeners
- Do not imagine them naked!!
- Say the second thing that comes to your mind
- Say it in your real voice with your whole self



“There are three things to aim at in public speaking: first, to get into your subject, then to get your subject into yourself, and lastly, to get your subject into the heart of your audience.”

- Alexander Gregg



Note he says “heart” rather than “head”

**THE ONLY THING  
THAT MAKES LIFE  
POSSIBLE IS  
PERMANENT  
INTOLERABLE  
UNCERTAINTY;  
NOT KNOWING  
WHAT COMES  
NEXT.**

**URSULA K. LEGUIN**



**But a little of this goes a LONG way.  
So be prepared.**

# EXTEMPORANEOUS IS NOT IMPROMPTU

- Requires Grounding in and Facility with Your Content
- Enriched by a Repertoire of Quotations, Facts, General Knowledge
- Collect Nuggets of Wisdom, Insight and Inspiration as They Come
- Develop an Order/Outline and Internalize that Flow
- Plan the Ending and Beginning
- If Accuracy is Vital, Write down a Note
- Talk to Yourself – Prepare for an Oral Event by being Verbal
- Take Your Time – Pauses are Important!





"The right word may be effective, but  
no word was ever as *effective* as a  
rightly timed pause."

MARK TWAIN



Pauses create impact &  
make space for thought



Leave 'em wanting more!



Public speaking is done in the public tongue, the national or tribal language; and the language of our tribe is the men's language. Of course women learn it. We're not dumb. If you can tell Margaret Thatcher from Ronald Reagan, or Indira Gandhi from General Somoza, by anything they say, tell me how. This is a man's world, so it talks a man's language.

(Ursula K. Le Guin)



Academic language is an extension of white privilege



“Public speaking  
is the art of  
diluting a two-  
minute idea with  
a two-hour  
vocabulary.”

John F. Kennedy



**Beware of diminishing returns  
and self-defeating pretensions.**

If you talk to a  
man in a language  
he understands,  
that goes to his  
head. If you talk to  
him in his language,  
**THAT GOES TO HIS  
HEART.**

*NELSON MANDELA*



Seek a voice authentic to  
yourself and to your listener



Worship is primarily a shared experience.

# PLAN THE YEAR, RINSE & REPEAT

- Plan the Entire Church Year including Sermon Titles
- Preach in Series – Allows for Feedback, Do-Overs, Insights and “One More Thing”
- Repetition is a Tool of Faith Development; Novelty is NOT!!!
- Incorporate the “Message” in Every Moment of the Service
- Make the Sermon Brief – Engage Other Learning Styles



**“THERE ARE SOME WHO SPEAK WELL AND  
WRITE BADLY. FOR THE PLACE AND THE  
AUDIENCE WARM THEM, AND DRAW FROM  
THEIR MINDS MORE THAN THEY THINK OF  
WITHOUT THAT WARMTH.”**

**BLAISE PASCAL**



**Enjoy yourself. Share yourself.**



# “workshop/worthshop”

## Beginnings, Endings & Vibrancy

