

Listening: Love Without Words

James 1:19,22; Deuteronomy 6:4-5

What does the Bible say about listening?

James 1:19, 22

Shemah:

1. To hear sounds.
2. To give attention to; to focus.
3. To _____.
4. To obey.

We listen because we _____. (John 13:34)

Four Types of Unconscious Listeners:

1. Lost — we are preoccupied with self.
2. _____ — we finish others' sentences because we are more interested in solutions, saving time, or controlling others.
3. Shrewd — we are distracted problem solvers because we are not listening, just solving.
4. Dramatic — we over analyze what someone else says and get bogged down in the details.

Four Types of Conscious Listeners:

1. Intentional — we know that listening is a state of mind and that our presence makes space for the discussion to lead to a positive difference.
2. Systemic — we listen to understand.
3. Curious — we listen to what is said and what is not said, and we ask questions to help another see differently, think differently, etc.
4. _____ — we listen in a way that helps another find a sense of clarity, momentum, and excitement.

How do we practice loving-listening with others?

1. Be loving.
2. Be _____.
3. Be curious.
4. Be present.
5. Be responsive.

Points to Consider:

1. Partner with another, and little by little practice active listening.
2. Commit to not offering solutions or suggestions unless requested to do so by another.
3. Memorize some verses on listening.
4. Practice 15-30 seconds of silence before a phone call, conversation, or meeting.
5. Verbally affirm another. Don't speak negatively or criticize.
6. Have an open and welcoming body language.
7. If you are interpreting what someone is saying, then share your interpretation so it can be validated or clarified.