

Healthy relationships understand and practice good listening.

Love Without Words

LIST ENING

“You must all be quick to listen.”
- James 1:19 New Living Translation

“Lead with your ears”
The Message

“Don’t fool yourself into thinking that you are a listener when you are anything but, letting the Word go in one ear and out the other. Act on what you hear.”

James 1:22 The Message

**“Hear, O Israel: the Lord our God, the Lord is one.
Love the Lord your God with all your heart and
with all your soul and with all your strength.”**

Deuteronomy 6:4-5 NIVUK

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Shema:

- 1. To hear noise, sound.** (John 12:28-29 Acts 2:6)
- 2. To pay attention to, to focus upon.** (Acts 2:7-11; Mark 4:3; Genesis 29:33)
- 3. To respond to what is heard.** (Mark 4:12-13; Romans 10:14; John 15:9; Psalm 27:7; Exodus 19:5)
- 5. To obey.** (John 15:10; Deuteronomy 28:1; Matthew 7:24, 28:18-20; James 1:22)

My goal today is to help us increase the experiential quality of our relationships with God and with others, by helping us understand and practice the importance of listening.

We listen because we love.

LIST
ENING

QUESTION

Statement

Feeling

**LIST
ENING**

“A new command I give you: love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

John 13:34-35 NIVUK

“Fools have no interest in understanding; they only want to air their own opinions.”

Proverbs 18:2 NLT

“Sprouting off before listening to the facts is both shameful and foolish.”

Proverbs 18:13 NLT

Four Types of Unconscious Listeners:

- 1. Lost**
- 2. Interruptive**
- 3. Shrewd**
- 4. Dramatic**

Four Types of Conscious Listeners:

- 1. Intentional**
- 2. Systemic**
- 3. Curious**
- 4. Progressive**

How do we practice loving listening with others?

- 1. Be loving.**
- 2. Be patient.**
- 3. Be curious.**
- 4. Be present.**
- 5. Be responsive (if needed).**

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.**

Points to Consider:

- 3. Memorize verses on listening.**
- 4. Practice 15-30 seconds of silence before a phone call, conversation, or meeting.**

Points to Consider:

- 5. Verbally affirm another; no criticism.**
- 6. Have an open and welcoming body language.**

Points to Consider:

- 7. If you are interpreting what someone else is saying, then share your interpretation so it's validated or clarified.**