

Be a good Listener

James 1:19

"But everyone must be quick to hear,

slow to speak and slow to anger;"

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Winston Churchill

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

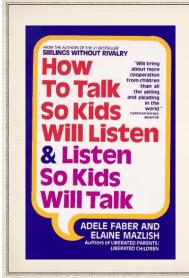
Emma Thompson

(British actress, comedian, author)

"Any problem, big or small, within a family, always seems to start with bad communication. Someone isn't listening."

Fred Brooks

The best way to end an argument: "I'm sorry, I wasn't listening well."





"Living with **real** children can be humbling."

Making a family covenant – purpose and core values

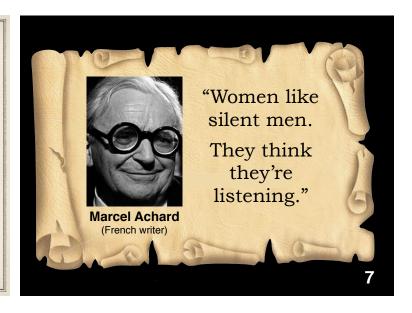
- We covenant as a family to make effective communication a priority which means that:
- √ We will make it safe for others to be effective communicators by empathetically listening to their minds and hearts.
- √ We will be honest in our interactions (not deceptive, manipulative, or self-protective).

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Proverbs 18:13

"He who gives an answer before he hears, it is folly and shame to him."

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Three arenas of listening

Colossians 3

"15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. 16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God."

- Self-talk How do we listen to our inner voices?
- Scripture How do we listen to God's Word?
- Socialization How do we listen to one another?

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A. Listen to our inner voices.

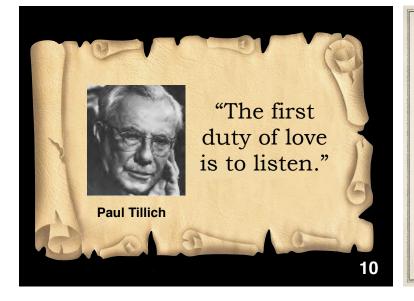
B. Listen to Scripture.

c. Listen to others.

Proverbs 12:15

"the way of a fool is right in his own eyes, but a wise man is he who listens to counsel."

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How should we respond to those who are made in the image of God?

"One of the most sincere forms of respect is actually listening to what another has to say."

Bryant H. McGill (author)

James 3:9-10

"With it (**the tongue**) we bless our Lord and Father, and with it we curse men, who have been made in the likeness of God; . . . these things ought not to be this way."

Listeners should remember to:

· Shut up - It is hard to listen if you are talking or waiting to talk.

Proverbs 10:19

"When there are many words, transgression is unavoidable, but he who restrains his lips is wise."

Listeners should remember to:

 Shut up - It is hard to listen if you are talking or waiting to talk.

> "The word "listen" contains the same letters as the word "silent".

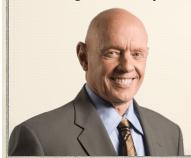
> > Alfred Brendel

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Listeners should remember to:

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Stephen Covey



"Most people do not listen with the intent to understand: they listen with the intent to reply."

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Listeners should remember to:

- Shut up It is hard to listen if you are talking or waiting to talk.
 - ✓ Resist the temptation to jump to conclusions.
 - ✓ Giving in to distractions suggests that they are more important than the one listened to.
 - ✓ Multitasking is not for listeners.



Scott Peck

"You cannot truly listen to anyone and do anything else at the same time."

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Listeners should remember to:

- Shut up It is hard to listen if you are talking or waiting to talk.
 - ✓ Resist the temptation to jump to conclusions.
 - ✓ Giving in to distractions suggests that they are more important than the one listened to.
 - ✓ Multitasking is not for listeners.
 - √ Realize that by empathetically listening to another you are actively edifying them.



"When you listen with empathy to another person, you give that person psychological air."

Stephen Covey

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Listeners should remember to:

- Shut up It is hard to listen if you are talking or waiting to talk.
- Seek out Be an assertive listener.

Philippians 2:20

"For I have no one else of kindred spirit who will genuinely be concerned for your welfare."

"There's a big difference between showing interest and really taking interest."



Michael P. Nichols (Family Therapist)

Listeners should remember to:

- Shut up It is hard to listen if you are talking or waiting to talk.
- Seek out Be an assertive listener.
 - ✓ Many people seldom feel deeply heard.

"If you want to be listened to, you should invest your life in listening."



arge Piero (writer)

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Listeners should remember to:

- Shut up It is hard to listen if you are talking or waiting to talk.
- · Seek out Be an assertive listener.
 - ✓ Many people seldom feel deeply heard.
 - ✓ Asking honest questions is an indication that you are willing to listen.
 - ✓ Seek to find and affirm areas of common ground (understanding, agreement, perspective).
 - Everyone is an expert authority on their own life story (history, feelings, perspectives, etc).

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Listeners should remember to:

- Shut up It is hard to listen if you are talking or waiting to talk.
- · Seek out Be an assertive listener.
- Show up Empathize with ideas and feelings (come alongside, understand).
 - ✓ Your first responsibility is to understand, not to be understood.

Proverbs 29:7

"The righteous is concerned for the rights of the poor, The wicked does not understand such concern."

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"If we can share our story with someone who responds with empathy and understanding, shame can't survive."

Brene Brown

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- Show up Empathize with ideas and feelings (come alongside, understand).
 - ✓ Your first responsibility is to understand, not to be understood.
 - ✓ People seldom sense you are listening until you affirm their feelings & remember what they said.
 - ✓ Watch your own body language.
 - ✓ Everyone has something to teach you. It's not who you listen to but how you listen.

"Listen to your enemy, for God may be talking."

Jewish proverb

Hegel
Nietzsche
Nietzsche
Nietzsche
Nietzsche
Nietzsche
Nietzsche
Nierkegaard
Kierkegaard
Freud
Freud
Marx
Dostoyevsky
Dostoyevsky
Tony Campolo
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Listeners should remember to:

- Shut up It is hard to listen if you are talking or waiting to talk.
- · Seek out Be an assertive listener.
- Show up Empathize with ideas and feelings (come along side, understand).
- See through Look past the outward.



Robert Fripp (songwriter) "The quality of our listening is seen in what we actually hear."

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- See through Look past the outward.

Matthew 22:18

"But Jesus perceived their malice, and said, . . ."

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- · Seek out Be an assertive listener.
- Show up Empathize with ideas and feelings (come along side, understand).
- See through Look past the outward.
 - ✓ Be alert to nonverbal clues eye contact, shift in posture, gestures, hesitation, etc.
 - ✓ Give attention to feelings before reasons.
 - ✓ Articulate what you hear and ask for feedback.

"When you steal from one author, it's plagiarism; if you steal from many, it's research"

"Be nice to people on the way up because you'll meet the same people on the way down,"

"A good <u>listener</u> not only gains popularity but also wisdom."



Wilson Mizner
(Playwright)



"A wise old owl sat on an oak; The more he saw the less he spoke; The less he spoke the more he heard; we all should follow that wise old bird."