

ARISE IN JESUS' TEACHING ON LISTENING

The ability to listen to one another in self-sacrificing love is at the core of a life-giving relationship.

Relationship Trait # 16: Able to trust and be trustworthy

- I. WHAT IS CREATIVE LISTENING? "Creative listening takes place when one person devotes her attention wholeheartedly to what another person is saying. Creative listening is receptive, but not passive. It is receptive because the listener is taking in what the other person is saying, feeling, and experiencing. It is active and not passive because the listener is actively seeking to understand what the other person is expressing." John A. Sanford Ph.D. Between People
- II. WHAT ARE BARRIERS TO LISTENING AND SHARING? WHAT DOES GOD'S WORD SAY ABOUT OVERCOMING OBSTACLES?

<u>Barrier</u>	<u>Mind of Christ</u>
A. Interrupting	"Be still and know that I am God." Ps. 46:10
B. Judging	"Judge not and you shall not be judged." Mt. 7
C. Criticizing	"Love is patient; love is kind." 1 Cor. 13:4
D. Analyzing	"My thoughts are not your thoughts, neither are your ways my ways." Is. 55:6
E. Demeaning	"To those who believed in his name he gave the right to become children of God." Jn. 1:12
- III. HOW DOES SELF-SACRIFICING LISTENING WORK?
 - A. Be totally present in the moment; tune out distractions.
 - B. Notice the content of the message, the theme.
 - C. Pay attention to the tone of voice and body language of the speaker.
 - D. Notice what is not said.
 - E. Sit with silence and pauses; take time.
 - F. Ask clarifying questions.
 - G. Limit your own talking; give the speaker space to elaborate.
 - H. Focus on the speaker not on what you are going to say next.
 - I. Use nods of your head and vocal interjections, "I see."
 - J. Pray to receive the message and to respond with the Mind of Christ.
- IV. HOW DOES CREATIVE LISTENING STRENGTHEN RELATIONSHIPS?
 - A. Builds understanding and authenticity
 - B. Relieves isolation and separateness
 - C. Enhances trust and vulnerability
 - D. Honors unity and diversity
 - E. Evokes acceptance and healing
 - F. Promotes self-esteem and respect

"The more faithfully you listen to the voice within you, the better you will hear what is sounding outside. And only she who listens can speak." Dag Hammarskjöld