

Supplement
Our Christian Response to Blessings and Challenges

The Art of Active Listening

Introduction

Discuss the difference between *hearing* and *listening*.

Give real life examples of each:

Light from the Word

What insights do the following passage give us about *active listening*?

- **James 1:19a:** Everyone should be quick to listen, slow to speak
- **Exodus 16:12:** (God is speaking) “I have heard the grumbling of the Israelites.”
- **Psalm 66:19:** God has surely listened and heard my voice in prayer.
- **John 11:41b, 42a:** (Jesus speaking to Mary and Martha) “Father, I thank you that you have heard me. I knew that you always hear me”
- **Isaiah 65:24:** Before they call I will answer; while they are still speaking I will hear.

Let's think about the lesson

1. In what kinds of relationships do people especially practice *active listening*?

List people in your life who fall into that “category” of people?

5. Body language is important in *active listening*. See if you can come up with FIVE suggestions for body language that would show *active listening*:

- _____
- _____
- _____
- _____
- _____

6. Sometimes it is easier to explain what something is NOT, than it is to identify what it is. Give at least FOUR examples of thing people do that show they are NOT participating in *active listening*:

1. _____
2. _____
3. _____
4. _____

Let's work at it

1. *Active listening* requires practicing our own silence... and that can be difficult. Here is an practice session on silence:

What things are happening in conversations that require our silence in *active listening*?

- For the introvert?
- For other people, if your in a group?
- For people in a Bible study?

2. What does the following “truth” say about *active listening*: Thoughts move about four times as fast as speech.

3. Apply what we have discussed concerning *active listening* to the following:

- a. Your *listening* to God's Word
- b. Your *listening* to your family
- c. Your *listening* to friends in need