

Spiritual Listening

Handout

- A. Good things happen when we learn to listen to another human being
 - a. New relationships open up.
 - b. We become better disciples of Jesus
 - c. We are better able to care for our brothers and sisters in Christ.
 - d. A new way of saying “I care” is revealed.
 - e. Being listened to reduces feelings of aloneness and exclusion.

- B. Spiritual Listening
 - a. Spiritual listening is different from typical listening
 - i. We listen with our heart.
 - ii. Place other person above our own need to be heard.
 - iii. It changes our relationship
 - b. Keys to Spiritual Listening
 - i. Surrender ourselves to another person.
 - ii. Pray for them
 - iii. Pray to be open to have caring (agape) love for them.

- C. How to Listen Spiritually
 - a. Must make a **decision** to listen.
 - b. Feels artificial at first – Hard work at first
 - c. Must suspend judgment and be open to presence of other’s painful heart.
 - d. Body posture must say “I’m open, I’m interested, I’m attentive”
 - e. Maintain good eye contact
 - f. Track what the speaker is saying on both content and feeling levels.
 - g. Use oral responses which are affirming.

- D. Pitfalls to Avoid
 - a. Me-too-ism
 - b. Moralizing, preaching, and being judgmental.
 - c. Asking a direct question to satisfy listener’s own curiosity.
 - d. Giving advice (trying to fix it).
 - e. Cheap consolation, “Oh, that’s not so bad.”
 - f. Arguing or disagreeing with the speaker.
 - g. Analyzing or interpreting.
 - a. Ignoring obvious heavy emotions

GOOD LISTENING IS A GIFT TO GIVE TO ANOTHER PERSON

JESUS IS OUR MODEL