

"The only thing that counts is faith expressing itself through love." GALATIANS 5:6b NIV

BEING **HEARD** = BEING **LOVED**

"From experience, you know that those who care for you become present to you. When they listen, they listen to you. When they speak, you know they speak to you.... Their presence is a healing presence because they accept you on your terms, and they encourage you to take your own life seriously."

HENRI NOUWEN

SPEAK...

1. Respectfully
2. Honestly
3. Clearly
4. Timely



ATTUNEMENT

- Listening to non-verbals
- The other feels listened to and heard

AS THE LISTENER

- Give the speaker your full attention
- Step into the speaker's shoes and feel what they are feeling
- Avoid judging or interpreting
- Reflect back what you heard them say
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LISTENING AT HEART LEVEL

- Practice using guidelines to break bad habits
- Requires great character and maturity
- Look at it as God's tool for maturing you
- "What is the biggest thing God is doing to impact you?"

THIS WEEK

Practice listening at heart level:

- Step into the speaker's shoes and feel what they are feeling
- Give your whole attention
- Listen without interrupting
- Reflect back what you heard them say
- When the speaker is done, ask: *"What is the most important thing you want me to remember?"*