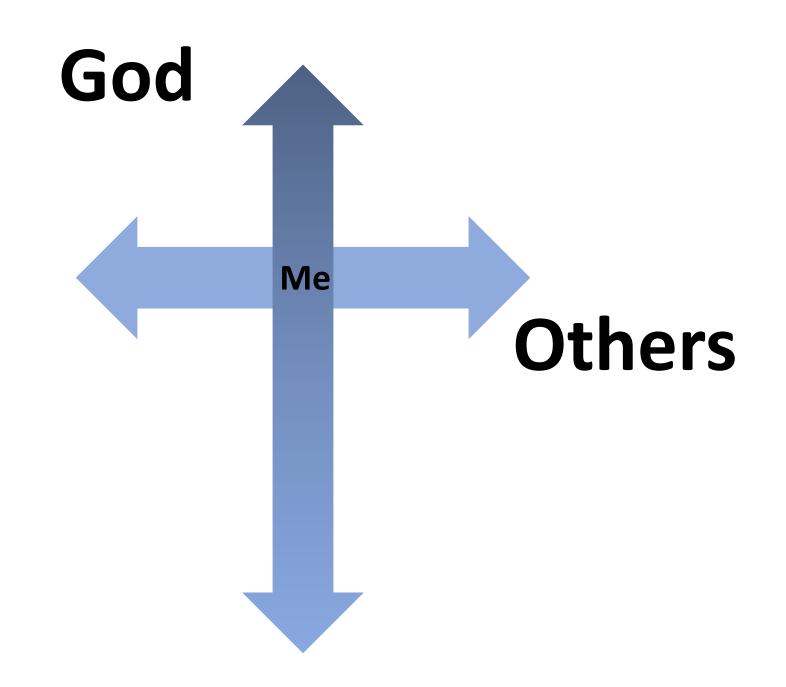
The Practice of Listening

Isaiah 55:1-3a



Isaiah 55:1-3a (NIV)

"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. ² Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare. ³ Give ear and come to me; listen, that you may live.



What are the characteristics of a good listener?

Listening

- Hearing is easy; listening is hard.
- "Hearing is the passive intake of sound, while listening is the act of intentionally working to comprehend the sounds you hear."
- Sustained, active listening is a great act of faith, and a great means of grace

Listen, listen to me, God pleads, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me, that your soul may live.

The most important thing in communication is hearing what isn't said.

Listen with your eyes as well as your ears.

GRAHAM SPEECHLEY

Listen, listen to me, God pleads, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me, that your soul may live.

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

Listen, listen to me, God pleads, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me, that your soul may live.

Listening is about being present, not just about being quiet.

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

Listen, listen to me, God pleads, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me, that your soul may live.

Listening is an art that requires attention over talent, spirit over ego, others over self.



Christians have forgotten that the ministry of listening has been committed to them by Him who is Himself the great listener and whose work they should share. We should listen with the ears of God that we may speak the Word of God.

— Dietrich Bonhoeffer —

AZ QUOTES

- God speaks as a gentle whisper, a still, small voice
 - and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice." 1 Kings 19:13
 - Be still and know that I am God" Psalm 46:10

Take time to be quiet. Make space in your life for moments of stillness.

Ask open-ended questions.

Be present in the moment and eliminate distractions.

Don't give unsolicited advice.

HOW TO PRACTICE EMPATHIC LISTENING

Leave space for silence.

Use non-verbal communication to show that you're listening.

Reflect on what you heard.

MINDJOURNAL

