

But First...Emotionally Healthy Relationships To Listen Well Is to Love

WEEK OF FEBRUARY 13, 2022

Listening well isn't just a skill you need to win friends and influence people. Listening well is how we love well.

MESSAGE NOTES AND HIGHLIGHTS

- “The first service one owes to others in the community involves listening to them. Just as our love for God begins with listening to God’s word, the beginning of love for other Christians is learning to listen to them. God’s love for us is shown by the fact that God not only gives us God’s word, but also lends us God’s ear.” | Dietrich Bonhoeffer
- “Love the Lord your God with all your heart and with all your soul and with all your mind.” | Matthew 22, v.37
- “Love your neighbor as yourself.” | Matthew 22, v.39
- To listen well is to love.
- “Being heard is so close to being loved that for most people they are almost indistinguishable.” | David Ausberger
- To listen well is to be patient.
- “Love is patient...” | 1 Corinthians 13, v.4
- Fools find no pleasure in understanding but delight in airing their own opinions. | Proverbs 18, v.2
- Everyone should be quick to listen, slow to speak and slow to become angry... | James 1, v.19
- How often in your interactions are you too quick to speak?
- How often in your interactions are you too quick to be defensive?
- Patience comes to those who practice it.
- When you stop listening, something starts dying.
- “He who can no longer listen to his brother will soon be no longer listening to God either; he will be doing nothing but prattle in the presence of God too. This is the beginning of the death of the spiritual life.” | Dietrich Bonhoeffer
- If we stop listening, we stop being curious, we stop being humble, we stop caring. Where there is no listening, there is an absence of love.
- “Anyone who thinks that his time is too valuable to spend keeping quiet will eventually have no time for God and his brother, but only for himself and for his own follies.” | Dietrich Bonhoeffer
- Tips for listening well - Be quiet. Be patient. Be slow to speak. Don't be distracted. Ask more and better questions (and use “Tell me more”). Make time and space for listening.

DISCUSSION QUESTIONS

1. How would you grade yourself in the art of listening well?
2. How do you know when someone ISN'T listening to you well? How does it make you feel? How do you know if someone is listening to you well? How does it make you feel?
3. “When you stop listening, something starts dying.” In what ways do things begin to die or deteriorate when we stop listening well to each other? Have you experienced this?
4. How much do you feel like listening to God impacts your ability to listen to others and to love well?