

Good Listening Skills

- Always give your full attention to the person speaking. Avoid all distractions, including reading, listening to music, or watching television while the person is speaking to you.
- Get to the heart of what the person is saying. Don't focus so much on the minute details, rather try to decipher the main point of the person's talk.
- Show that you are interested. Outwardly, this is done by maintaining eye contact, nodding, and repeating back at an opportune time some of what is said. Try not to spend the listening time thinking up something you will say when it is your turn to talk.
- Do not pass judgment on what is being said. Being a good and trusting listener means allowing another person the freedom to say what is on his or her mind without fear of being judged. At opportune times, you can offer your own personal opinions by stating just that: "In my opinion, I think . . ."
- Review what has been said. When it is your turn to speak, briefly highlight what the other person has said to make sure you have heard it correctly.

Listening

by Jim Scully

- | | |
|---|---|
| 1 Matt. 13:16-17 <i>Did I know there was a beatitude for listening?</i> | 16 John 11:41-42 <i>If you fear God will not listen to you, pray through Jesus.</i> |
| 2 Ps. 5:1-3 <i>As a good listener, God is my model.</i> | 17 Is. 6:8-10 <i>Want to be healed? Start listening.</i> |
| 3 John 10:1-5 <i>Lord, may I always recognize your voice!</i> | 18 Ps. 95:6-11 <i>Worship without listening isn't worship.</i> |
| 4 I John 5:13-14 <i>We pray to hear God's will, not to bend God to ours.</i> | 19 Deut. 27:9-10 <i>Do I talk too much? Have I learned to value silence?</i> |
| 5 Jer. 7:21-28 <i>God takes our listening seriously.</i> | 20 Ps. 19:1-4 <i>Listen to nature tell you about God.</i> |
| 6 Ps. 85:8-13 <i>I don't have to fear what God will say. Peace is his goal.</i> | 21 Rev. 3:20-22 <i>Lord, teach me to respond quickly when I hear your voice!</i> |
| 7 Luke 10:23-24 <i>Lord, give me the ardent desire of the prophets for your word.</i> | 22 Eph. 4:17-20 <i>Do I work at "learning" Christ?</i> |
| 8 Deut. 18:13-19 <i>Jesus is the promised Prophet. I will listen to his message and never to channeled spirits.</i> | 23 Jer. 27:9-10 <i>Do I listen to a false message because I want it to be true?</i> |
| 9 Matt. 17:1-5 <i>How can I devote more time to listening to Jesus' teaching?</i> | 24 Ps. 50:1-15 <i>Am I hearing God say that he wants thanksgiving?</i> |
| 10 Matt. 13:18-23 <i>Do I make an effort to understand what I hear in the Bible?</i> | 25 Ps. 73:21-28 <i>Listening can be hard, but perseverance is rewarded.</i> |
| 11 I Sam 3:1-10 <i>Let this be my prayer every time I read or hear the Scriptures.</i> | 26 Matt. 19:16-22 <i>Not everything we hear from God is going to make us glad—at first!</i> |
| 12 Ps. 81:11-14 <i>God laments our unwillingness to listen.</i> | 27 Mark 7:31-35 <i>Take heart—Jesus can heal spiritual deafness.</i> |
| 13 Jer. 7:12-15 <i>Am I ignoring a persistent message from God?</i> | 28 Ex. 15:22-27 <i>Listening is good for the health.</i> |
| 14 Luke 11:27-28 <i>Perfect listening includes doing.</i> | 29 Ps. 66:16 <i>Helping others to hear is part of listening.</i> |
| 15 I Kings 19:9-13 <i>To hear the soft whisper of God's voice, go occasionally to a quiet place.</i> | 30 John 3:29-30 <i>Jesus, when you speak to me, my heart expands in happiness.</i> |