

Active Listening

- How Often Do We Practice It?
 - With Others?
 - With Ourselves?
 - With God?

Incline your ear, and hear the words of the wise, and apply your heart to my knowledge, for it will be pleasant if you keep them within you, if all of them are already on your lips. - - Proverbs 22:17-18, ESV



Samuel Hears the Lord's Call



10 The LORD came and stood there, calling as at the other times, "Samuel! Samuel!"

Then Samuel said, "Speak, for your servant is listening."

1 Samuel 3:10, NIV

Other Scriptures



12 After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. **13** When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

1 Kings 19:12-13, NIV

46 After three days, they found him in the temple courts, sitting among the teachers, listening to them and asking them questions.

Luke 2:46 ESV

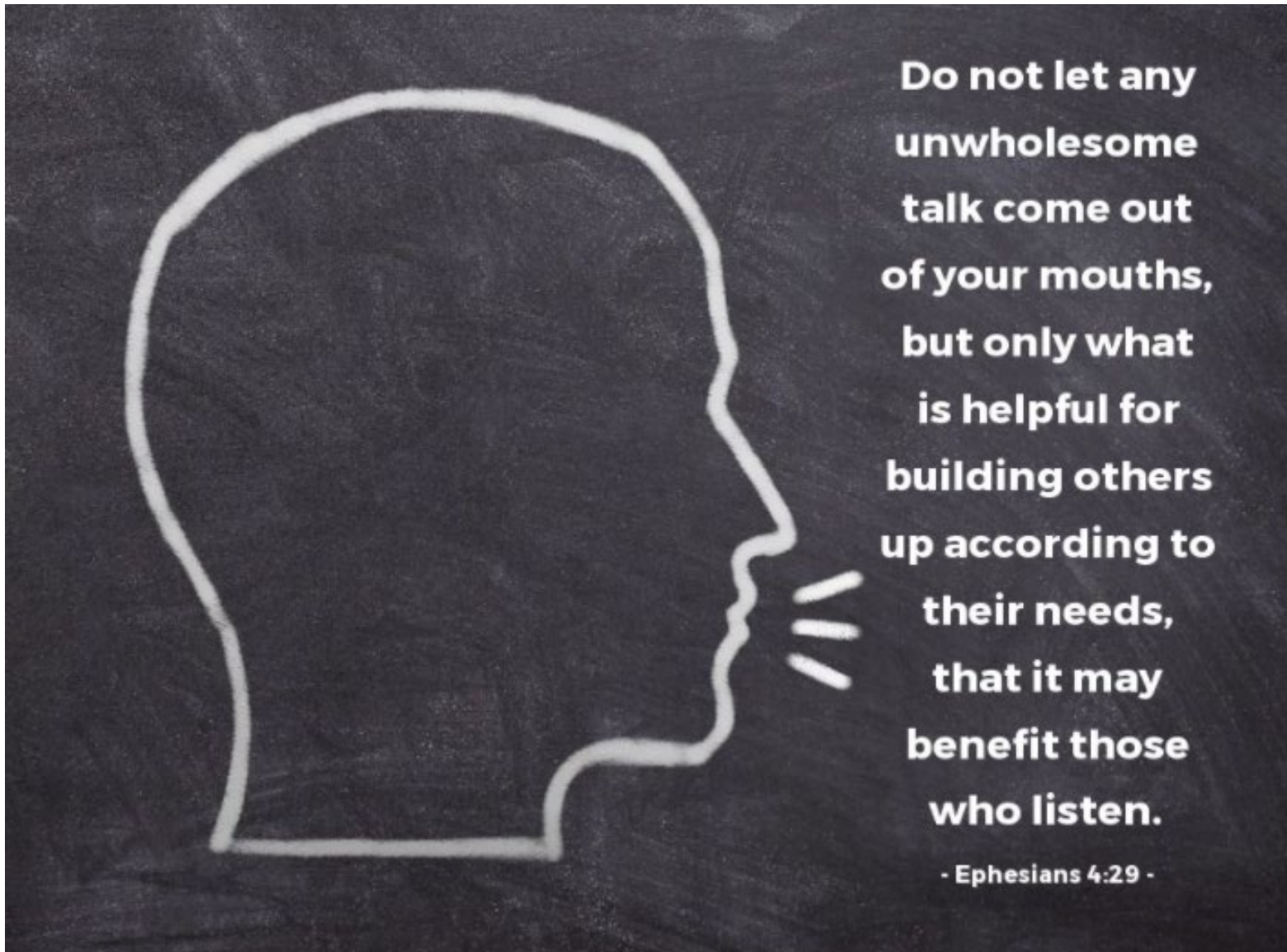


7 Then a cloud overshadowed them, and a voice came out of the cloud, “This is My beloved Son; listen to Him.”

Mark 9:7 ESV



Ephesians 4:29



**Do not let any
unwholesome
talk come out
of your mouths,
but only what
is helpful for
building others
up according to
their needs,
that it may
benefit those
who listen.**

- Ephesians 4:29 -

How well do we listen for messages from God...regardless of the messenger?



Said the little lamb to the shepherd boy
Do you hear what I hear?
(Do you hear what I hear?)
Ringing through the sky, shepherd boy
Do you hear what I hear?
(Do you hear what I hear?)--

Reflections on Active Listening, Skills & Helpful Techniques

- Anyone interested in improving their communication skills should understand how active listening differs from the listening they normally practice.
- Remember that there are two types of listening: active listening and not really listening. Active listening is not some super-listening skill beyond the reach of mere mortals; it is a skill anyone can master if they are willing to accept their current inadequacies and make the effort required.
- Active listening is also not just a skill that belongs in a business or other professional environment; it is useful for anyone who seeks to improve the quality of their communication with other people. Only when you begin to actively listen will you realize just how much you were missing previously.
- - - Joci James, aka *The Life Skills Detective*



The Talking Stick





The Art of Listening

***Based on Tony Buzan "The Power of Social Intelligence",
Thorsons, 2002, Chapter 2, pp.28-42***



The best, easiest and most effective way of showing interest is:

- To listen to what they are saying
- *Really* listen,
- Focusing on what they are saying,
- As opposed to planning our own *response.*





“Most people listen without hearing”

Leonardo da Vinci



Bad Listening Habits

1. Pretending to pay attention when you are not
2. Trying to do other things while listening
3. Deciding the subject is uninteresting
4. Letting emotion-filled words arouse personal anger and antagonism



As seen in table below, listening is learned first and used most, but taught least.

Learned	Used	Taught
Listening 1st	Most (45%)	Least
Speaking 2nd	Next most (35%)	Next least
Reading 3rd	Next least (16%)	Next most
Writing 4th	Least (9%)	Most




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Active Listening

- Listening is not a passive activity
- Listening *well* is the vital ingredient in a successful, productive and interesting conversation





You must listen not only to a person's words,

- You must be aware of the other person's body language as well.
- This way, we can listen to what they *feel* as well as what they say.

"I know that you believe that you understand what you think I said, but I am not sure you realize that what you heard is not what I meant!"



Be Aware of Body Language

- Listening to the words spoken as well as the body language will make you a 'whole' rather than a 'part' listener

Tune-in and Train Your Mind to Focus



Remember how a mother can hear her baby's faint cry above the roar of the madding crowd!



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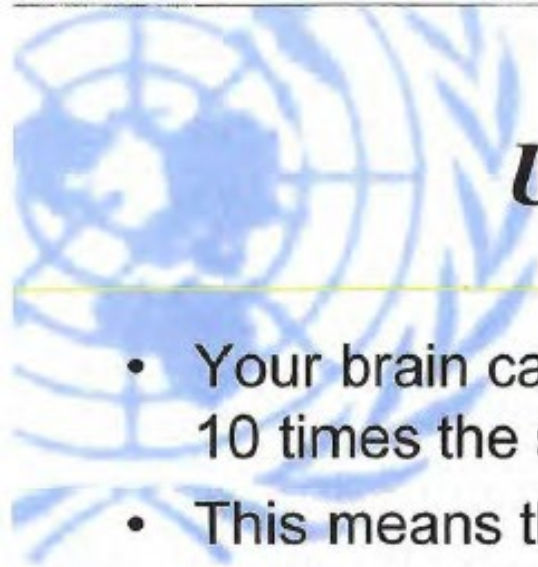
The 2:1 Ratio

- Remember that you have two ears and one mouth – not the other way around!



- **“The wiser the person the less they speak and the more they listen.”**





Use Your Brain Speed

- Your brain can think at between 4 and 10 times the speed of speech.
- This means that when you are listening, you have lots of spare time to use your extra 'brain time,' and pay attention to the person's body language, listening to meaning between the lines.



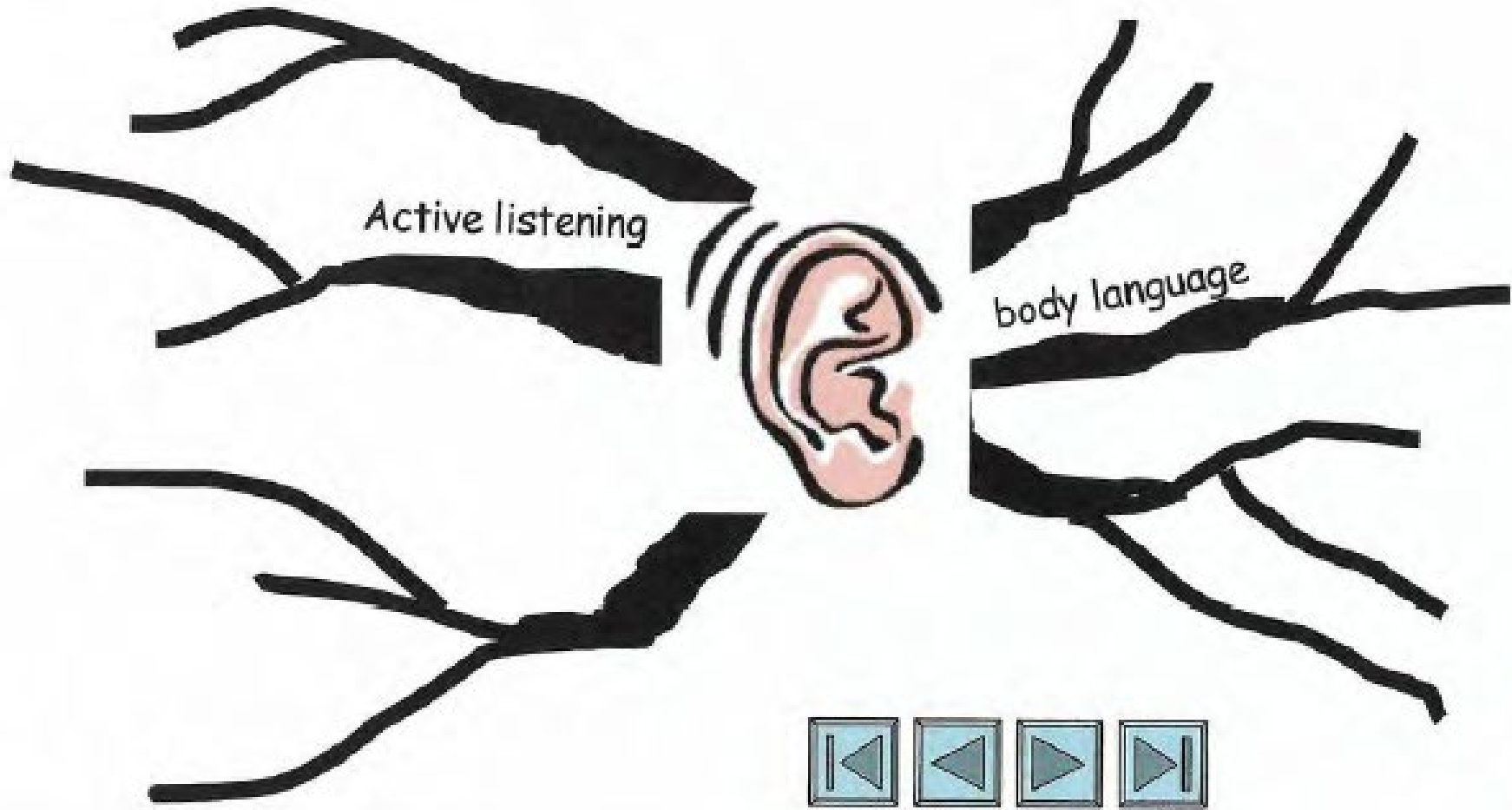
Mind Map[®] as You Listen

- Many people doodle when they are listening to a talk or presentation.
- Rather than being a distraction, doodling can actually help concentration.
- A Mind Map[®] is an organized doodle can be very useful.





An example of a Mind Map



Discussion

1. Have you ever experienced **not** being heard, I mean *being really heard*, on a topic extremely important to you? How did you feel about that?

- a) Discounted?
- b) Devalued?
- c) Ignored?

(Ever wonder if God experiences such feelings about His messages to us ... sometimes being tuned out, or ignored?)

2. Alternately, have you ever experienced being heard, I mean being *really heard*, on a topic extremely important to you? How did you feel about that?

- a) Validated?
- b) Comforted that someone cared enough to carefully listen, then clarify what all your:
 - i. words,
 - ii. tone of voice, and
 - iii. body language

were conveying? *Do you know how to be such a listener?*

Here I am Lord

Isaiah 6:8 and 1 Samuel 3:4

I, the Lord of sea and sky, I have heard my people cry.
All who dwell in dark and sin, My hand will save.
I who made the stars of night, I will make their darkness bright.
Who will bear my light to them? Whom shall I send?

Here I am, Lord. Is it I, Lord?
I have heard You calling in the night.
I will go, Lord, if You lead me.
I will hold your people in my heart.

I, the Lord of snow and rain, I have borne my people's pain.
I have wept for love of them. They turn away.
I will break their hearts of stone, Give them hearts for love alone.
I will speak my Word to them. Whom shall I send?

I the Lord of wind and flame, I will tend the poor and lame.
I will set a feast for them. My hand will save.
Finest bread I will provide Till their hearts be satisfied.
I will give my life to them. Whom shall I send?

Here I am, Lord. Is it I, Lord?
I have heard You calling in the night.
I will go, Lord, if You lead me.
I will hold your people in my heart.



Sources

1. Drawing, Slide 1, Chris Alexander
2. Scriptures: Proverbs 22:17-18, 1 Samuel 3:10, 1 Kings 19:12-13, Luke 2:46, Mark 9:7, Ephesians 4:29
3. Clip art sites:
 - a) Samuel Hears the Call of the Lord, freebibleimages.org/illustrations/moody-samuel/
 - b) The Whisper of Destiny - Bethany Church, mybethany.com/the-whisper-of-destiny/
 - c) Jesus Found in the Temple, lavistachurchofchrist.org
 - d) The Transfiguration of Christ, 12th Century Painting, artist unknown, Asinov Church of Cyprus
4. Thought-provoking conversations with Joci James, fellow PACE member, this summer
5. Excerpt from a YouTube video of “Do You Hear What I Hear?”, by the *a capella* group, “Home Free”
6. Talking Stick art object, Mission Del Rey Southwest, 1421 N Lee Trevino Dr., El Paso, TX 79936
7. The Power of Social Intelligence, Chapters 2 & 3, by Tony Buzan, Thorsons, 2002
8. Selected slides from a Power Point on the internet, United Nations Systems Staff College
9. Technical presentation help, David Johnson, fellow PACE member