

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

LISTENING

SEEKING TO HEAR, HEEDING



Listening is “making a conscious effort to hear.” It is “paying attention to” another person. Listening includes focusing on messages sent verbally or by other means, such as body language or facial expression.

Using the definition above, do I listen to others? How?



Using the definition above, do I listen to myself? How?

How would I rate myself on listening to others?

Poor ___ Fair ___ Good ___ Excellent ___ Date ___

Symptoms and consequences . . .

HOW TO TELL WHEN LISTENING IS LACKING

When people fail to listen to one another, relationships seldom grow. Misunderstandings are frequent, teamwork is poor, and mistakes are common. People are so focused on what they want to say that they take little time to listen to other people.

Listening is part of being teachable; when listening is lacking learning is virtually impossible. Self-centeredness is a big reason why people fail to listen. There are some who may be good at sending messages, but poor at receiving them. We forget that others need attention and need to be heard.

Stop listening to instruction, my son, and you will stray from the words of knowledge. - Proverbs 19:27

Who do I find it hard to listen to?

List 1-3 Names, Codes, or Initials



Why?

Who do I find it easy to listen to?

List 1-3 Names, Codes, or Initials



Why?

Date

Seed 3

LIFESKILLS

12^{Seeds}

**RESPECT
ENCOURAGEMENT
LISTENING
APPRECIATION
TRUST
INTEGRITY
ORDER
NURTURE
SYNERGY
HOPE
IDEALS
PARDON**

FOR GROWTH

Listening helps fill the human need for:

Attention

Everyone should be quick to listen, slow to speak and slow to become angry.

- James 1:19b

Write below what the verse above means to you.



There's a good harvest . . .

WHEN LISTENING GROWS

When listening grows, people receive the attention they need. They are able to express themselves, and voice their fears, needs, joys and dreams. People show they care about others when they take the time to listen.



SOME OF THE BLESSINGS WHEN LISTENING GROWS:

- People receive the attention they need.
- People feel respected and encouraged.
- Effective communication increases.
- Learning occurs.
- Interpersonal understanding increases.
- Miscues and mistakes decrease.
- Healing can take place.

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. - Acts 16:25

Which blessings are the most important to me?

Considering the examples on the right → → → → → → → → →

AM I PRACTICING LISTENING WITH . . .

- **Family members?** Yes No *If yes, how?*

How could I improve?

- **Friends and acquaintances?** Yes No *If yes, how?*

How could I improve?

- **Authority Figures?** Yes No *If yes, how?*

How could I improve?

What will I commit to do in order to better practice this seed?

Date _____ Signed _____

HABITS TO HELP LISTENING GROW:

PRAYER

Dear Lord, help me always listen to You and be a better listener to others.

THOUGHTS & ATTITUDES

People need to be heard, and I need to be quiet and listen. I can learn from other people.

WORDS

“Tell me more!”
 “Thanks for telling me that.”
 “Let me repeat back what I heard you say.”

ACTIONS

Look at the person who is speaking. Actively listen—note tone of voice, body language, and facial expressions.

FELLOWSHIP

Be patient. Listen well before responding.