

PRAYERS

Some suggestions . . .

- Dear Lord, help me to always listen to You.
- Dear Lord, thank You for listening to me.
- Dear Lord, help me to be a better listener to the people around me.

THOUGHTS & ATTITUDES

Affirm thoughts like these . . .

- People need to be heard!
- I need to be quiet once in awhile and listen.
- I can learn from others.
- I want to hear what _____ has to say.
- _____ is worth listening to.

Other suggestions . . .

- Read the Bible to hear God speaking to you.
- Think about the messages people send you.
- Remember that listening is a gift you can give.
- Focus on the meaning being conveyed.

WORDS

Suggested things to say or write to others . . .

- “Thanks for telling me that!”
- “Tell me more!”
- “How are you, *really*?”
- “You express yourself well!”
- “Thanks for listening!”
- “I always learn when I listen to you!”
- “Let me repeat back to you what I heard you say.”

ACTIONS

Suggestions . . .

- Look at the person who is speaking.
- Actively listen – note tone of voice, body language, speed of delivery, facial expressions, use of descriptive words.
- Take notes.
- Be patient. Listen well before responding.

DISCUSSION

For personal reflection or group consideration . . .

1. What do the Scriptures say about listening?
2. Who should we listen to? Why?
3. What’s a good example of listening?
4. What could I do in order to do a better job of giving the gift of listening to others?
5. What will I commit to doing?