

Listening

Listening is important. It provides the foundation for wise counsel, it helps us to understand the person, it brings acceptance and enables people to express their deepest feelings.

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry... James 1:19

let the wise listen and add to their learning... Proverbs 1:5

Good listening skills include...

- Paying attention.
- Looking at the person who is talking.
- Not talking when they are.
- Not planning what you are going to say next.
- Show that you are listening, lean forward, nod your head.
- Listening without judging, or jumping to conclusions.
- Asking questions related to what they have said.
- Paraphrase and summarise.
- Stay focused.

Challenge:

Learn to listen well.

Are there areas that need more practice?

If you are part of a Huddle, you will already be using this skill.