



## LISTEN WITH CARE

**If we want to BLESS those we live, work, and play with, we begin with listening, rather than talking.**

- When we look in the Gospels we see that Jesus often engages people by asking them questions and loving them through conversations.
- When people are listened to and understood, that they feel seen and safe and valued.
- *You must all be quick to listen, slow to speak, and slow to get angry.* James 1:19 NLT

**The opposite of listening is not speaking, but waiting to speak.**

- “The first act of love is always the giving of attention.” (Dallas Willard)
- Sometimes, the only way we will know how to bless someone is to be like Jesus and stop in the midst of all of the busyness of life, and look a person in the eyes and listen.
- Listening builds a level of trust and comfort in a relationship that cannot be built in any other way.

**Listening with care to others may be one of most counter-cultural things we can do nowadays. Here are two practical things we can do to improve our listening:**

- **Be curious.** As we talk with people we live, work and play with, let's cultivate a posture of curiosity, interest, openness towards.
- **Be compassionate.** Listen to understand – to connect, to relate, to empathize - we want to seek to understand before we seek to be understood.
- Every day, wherever we are and whoever we are with, we have opportunities to listen to others with care. Try it out this week.