

Listening with Grace AND Truth

Creating Space to Listen:

A. Internal Preparation:

**Responsible For.....Responsible To
We Care / He Cures**

Listening for Heaven's Sake By Dr. Gary Sweeten, David Ping & Anne Clippard

Christians can get confused when we equate being responsible FOR others with being responsible TO others.

When I feel responsible <u>FOR</u> others	When I feel responsible <u>TO</u> others
<p>I...</p> <ul style="list-style-type: none"> Fix Protect Rescue Control Carry their feelings Don't listen <p>I FEEL...</p> <ul style="list-style-type: none"> Tired Anxious Fearful Liable <p>I AM CONCERNED WITH...</p> <ul style="list-style-type: none"> The solution Answers Circumstances Being right Details Performance <p>I AM A MANIPULATOR</p> <p>I EXPECT THE PERSON TO LIVE UP TO MY EXPECTATIONS</p>	<p>I...</p> <ul style="list-style-type: none"> Show empathy Encourage Share Confront Am sensitive Listen <p>I FEEL...</p> <ul style="list-style-type: none"> Relaxed Free Aware High self-worth <p>I AM CONCERNED WITH...</p> <ul style="list-style-type: none"> Relating person to person as an equal to others Listening to feelings & thoughts Respecting the person <p>I AM A HELPER / GUIDE</p> <p>I CAN TRUST, LET GO.</p>

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A. Internal Preparation (continued):

- **Presence**.....What do you have to do to be prepared to listen to someone?

- **Acceptance**.....Identify a person who extended genuine acceptance and unconditional love to you. Describe it.

- **Affirmation**.....Name a time when you have been affirmed by another person. What did they say or do?

- **Truth-telling**.....When is truth-telling most effective? Who has told you the truth in a certain situation? How did you receive the truth?

B. External Preparation:

Become Aware of Your Non-Verbals

S _____

O _____

F _____

T⁴ _____

E _____

N _____

U

P² _____ of _____

C. Questioning Skills

- **Confirmatory Paraphrase**

Summarizes or clarifies an intention, confirms a fact, attitude or emotion.

Example:

- **Open-Ended Question**

Allows someone to share what they think is important. Free/Open.

Example:

- **Close-Ended Question**

Limits the kind of answer by focusing on one specific point or piece of information.

Example:

- **Patterns/Themes in Another's Story**

Questions asked that bring attention to a recurring theme or pattern that may appear in the other person's story.

Example:

D. Listening Skills

5. Meaning Behind the Words
4. Emotions
3. Meanings
2. Nonverbals
1. Words

Between the Words by Dr. Norm Wakefield