

E.H.R. #5 – LISTEN ON PURPOSE

Colossians 3; John 13; Matthew 7

05/20/2018
Sunday a.m.

SLIDE 1 – EMOTIONALLY HEALTHY RELATIONSHIPS

- EHS → spiritual maturity corresponds to emotional maturity
- EHR → mature Christian discipleship interpersonal interaction →
 - Intentional & effective, living in truth; self & others → loving God & people
 - The goal = Maturity + **Eph. 4:11-16** relating to each other – godly manner

SLIDES 2-8 – JOHN 13; MATT. 7; COLOSSIANS 3

SLIDE 9 – LOVE OPENS THE DOOR

- Scriptures address outward behaviors *informed by* thoughts, intents, & values
 - Jesus' family: this is WHO we are & HOW they know – **love one another**
 - Do for others what you'd want them to do for you – **proactive**
 - Christ-likeness → put on Christ (after you put OFF the flesh)
- Christ's love-in-action (kindness) *transforms us & the people we love* in return

SLIDE 10 – LISTEN UP!

- How we listen to others reflects Christ in us → Love in action - LISTENING
- Can't talk listening w/o beginning w/speaking

SLIDE 11 – IN A MANNER OF SPEAKING...

- How we speak (verbals/nonverbals) to others matters –
 - What is communicated in our words/presentation?
- Digging down: ***How did your family of origin (FOO) speak to each other?***
 - Tone, expressions, body language, other non-verbals
 - Can become our 'normal/default' way of speaking
 - 'Battle Royale' vs. 'I don't want to talk about it'
- ***How does FOO experience affect my habits/patterns/practices?***
 - Willing to let HS transform my FOO patterns – speak life (truth in love)

SLIDE 12 – SPEAK(ING) LIFE

- Purposing to be a person who speaks to others – Christ-like:
 - Respectfully – thoughtful & considerate
 - Honestly – truthful; we ALL have the rights to our own thoughts & feelings
 - Clearly – say it/spell it out – w/o vagaries, using hints
 - Timely – is this a good time? Able to hear, focus, comprehend, etc?
- **Ephesians 4:15,16** – *speaking the truth in love, grow up in every way into Christ.*

SLIDE 13 – BEING HEARD – David Augsburger

SLIDES 14-16 – LISTEN UP – A LISTENING SELF-TEST

- What am I bringing to the table when I'm listening? Is it ALL about me?
- Attention? Love? Care? Empathy? Understanding? –
 - Empathy – ability to share & understand others feelings
 - Sympathy – pity & sorrow for another's misfortune

SLIDE 17 – EMPATHY vs. SYMPATHY – YouTube Video

SLIDE 18 – HEART-LEVEL LISTENING

- The power of heart-level listening with another person
- Listening like Jesus – offers emotional/relational connection
 - Communicates Intrinsic worth & value
 - Allows for healing → 70% of issues resolved w/listening
- Attuned to the other (tuned in – words, eyes, face, tone, body language)
- Empathy, listening well (doesn't = agreement)
 - Distracted, no eye contact, screens(!) me-focused

SLIDE 19 – LISTENING WELL

- Give your full attention
- Empathize – feel what they're feeling
- No judging or interpreting
- Reflect what you're hearing, asking for clarifications
- "Is there more?"
- "What is most important thing you want me to remember?"

EXTRA: FEELINGS vs. OPINIONS

- I feel that/like vs. I believe that...
- "Feel" has to be followed by a feeling/emotion, not an opinion
- Critically important to distinguish between feelings & opinions/thoughts

SLIDE 20 – BREAKING BAD (HABITS)

- The impact of our FOO – 3 generations + - on communication/listening patterns
- Can be transformed by Christ – disciple-making – God-shaping
- Self-awareness, intentionality, Humility, willingness to grow/learn, perseverance, objectivity, loving others like Christ

SLIDE 21 – BEING HEARD – David Augsburger – RE-READ

SLIDE 22 – HENRI NOUWEN QUOTE

SLIDE 23– WHAT AM I DOING WITH THIS?

SLIDE 24 – PRAYER IS AVAILABLE