

Sarah Taylor

STARTER

Take a moment to reflect on a moment in your life when you felt truly heard, understood, and known.

DIVING DEEP

"There comes a shift. It's not about me and what do I have to say. It's about who's listening and what is God speaking to their heart?" -Sarah Taylor

In the scope of your life, who's your audience? Who're the people in your spheres of influence who are listening to you?

Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. 1 Corinthians 13:1

Jesus was known not only for his remarkable miracles but his scandalous associations with people the world did not deem worthy. He was called a "friend of tax collectors and sinners" (Matthew 11:19), and he would even take time to listen to their stories (see: Samaritan Woman John 4 & Adulterous Woman - John 8).

Why do you think Jesus chose to spend time with these kinds of people? How do you think being heard and accepted by Jesus impacted the people he encountered on a daily basis?

CHALLENGE

Commit to actively listening for one week. Avoid giving excessive advice. Stop and engage in a ministry of presence. Sit. Listen. Stop. Do not seek to be heard but simply to hear. Fully enter into the circumstances and emotions of others.