

NOTES and EXTRAS: Incarnational Listening
July 21, 2024, Compelled Church, Nate Elarton

REVIEW:

1. Conscious: 2. Realistic 3. Spoken 4. Agreed upon. I am aware of my expectations.

Remember: **Expectations are only valid when they have been spoken and mutually agreed upon.**

Incarnational Listening

"He who restrains his words has knowledge, And he who has a cool spirit is a man of understanding. Even a fool, when he keeps silent, is considered wise; When he closes his lips, he is considered prudent." (Proverbs 17:27–28, NASB95)

"Listening is so closely linked to loving that the two are almost indistinguishable." David Augesburger

To Listen Incarnationally means to listen at a heart level with empathy, attuned to the words and nonverbal communication of another person.

In the new family of God we speak in 4 ways:

1. Respectfully 2. Honestly 3. Clearly 4. Timely

Jesus is our greatest example of listening.

1. Jesus entered our world
2. He held on to himself.
3. Jesus hung between two worlds.

How do we practice Incarnational Listening?

1. We give the speaker our full attention.
2. We want to step into their shoes and feel what they are feeling.
3. We refrain from judging.
4. We reflect back as accurately as you can what you heard them say.

When you think the speaker is done, you ask, "Is there more?"

6. When the Speaker is done, ask, "Of Everything you have shared, what is the most important thing you want me to remember?"

The speaker:

1. Speaks in the "I".
2. Keep the statement brief.
3. Stop to let the listener repeat back in paraphrase.
4. Include feelings.
5. Be honest, clear, and respectful.
6. Distinguish thoughts from feelings.

P

PAUSE & PREPARE

R

REFLECT & REJOICE

A

ASK WHAT YOU NEED

Y

**YIELD TO THE WILL
& WAYS OF GOD**