

# LET'S GO

LOVE · LISTEN · LEAD

## LESSON 5 - LISTEN

### HOMework – SHARE YOUR EXPERIENCES

#### INTRODUCTION: ACTIVE LISTENING (video)

*Fill in the blanks as you watch the video.*

- Studies show that non-Christians have three main problems with Christianity:
  - 1)
  - 2)
  - 3)
- Some skills of active listening are:
  - 1) Be physically and mentally \_\_\_\_\_
  - 2) Paraphrase \_\_\_\_\_
  - 3) Reflection of \_\_\_\_\_
  - 4) Open \_\_\_\_\_

#### AN EXAMPLE OF ACTIVE LISTENING (video)

#### GIVE IT A TRY!

*Find a partner and decide which of you will be the first to share a story and which will actively listen. (After the exercise, you will be asked to switch roles. So, it doesn't really matter who does which first.)*

**The purposes of this activity are:**

- 1) To continue to become comfortable practicing skills with one another.**
- 2) To listen passively to someone and then gradually add layers to your listening behaviors one at a time and in a purposeful way.**

### **Round One: Expressionless & Reactionless**

*The Speaker will begin telling their story. The Listener is to be completely passive and stone-faced and not react in any way. (Many people will not be able to do this. If a listener cannot help but be responsive, by all means, have fun with this.)*

### **Round Two: Facial Expressions**

*The Speaker continues their story. The Listener may now add facial expressions and head movements to respond empathetically to the Speaker.*

### **Round Three: Back-Channelling**

*As the Speaker continues their story, the Listener makes soft, appreciative, or responsive sounds: mmmm or “uhhuh” and so on. Try not to overdo this. Add listening elements in a meaningful, intentional way.*

### **Round Four: Paraphrase Content**

*The Speaker continues their story. After 30 seconds, they will be asked to stop. And the Listener will paraphrase something the Speaker said. Be concise and accurate. For example, “So you never met anyone quite like him! Uhhuh,” or “So you never expected him to say that. Wow. Go on.”*

### **Round Five: Reflect Feeling**

*The Speaker continues their story and pauses after 30 seconds. The Listener describes for the Speaker the emotion they are able to read in their Speaker’s non-verbal communication, especially their face and voice. For example, “You really care about him,” or “You love this memory, I can tell.”*

### **Round Six: Ask an Open Question**

*The Speaker continues their story and pauses after 30 seconds. The Listener thinks about what they find genuinely interesting about their Speaker’s story. Then they ask an open question, one that begins with “What?” or “How?” or “Tell me about...” For example, “What do you think he meant by that?” or “Tell me more about what you were looking for.”*

### **Debrief**

- Speaker: offer gentle but accurate feedback on the Listener’s skills.
- What was it like for either partner when the listening behaviors were missing key elements?
- How did the additional listening skills change the experience for either of you?

### **PUTTING IT ALL TOGETHER (video)**

*Divide into groups of three. One person will be the Speaker, the second the Listener, and the third the Observer. The Listener will begin the role-play by saying, “So, you’re not so sure about Jesus?” The Speaker will then explain their objection or questions about Jesus. As they do, the Listener will make use of the active listening skills practiced in the previous section.*

### **Remember, they are:**

1. Facial Expressions (Physically demonstrating interest and empathy.)
2. Back-Channelling (Using appropriate sounds to demonstrate interest and empathy.)
3. Paraphrase Content (Repeating what the Speaker has said in your own words.)
4. Reflect Feeling (Describing back to the Speaker the emotions that can be seen in their face.)
5. Ask an Open Question (Seek to learn more by asking a question beginning with “What...” “How...” or “Tell me about...”)

### **CLOSING – LEAD TO THE GOSPEL**