

Body care 1: Listening

James 1: 19

Intro

Love as hallmark of Christian – John 13: 34-35.
Motivation, model and means – all centre on Jesus.

Learn to Listen.

James 1: 19

I. We should be slow to speak: the problem of Bad listening.

1. *The Interrupter*
2. *The Advice Giver*
3. *The Reassurer*
4. *The Rationalizer*
5. *The Deflector*

II. We should be quick to listen: the gift of Good listening.

'Good listening can be learned.'

1. *Pay full attention.*
2. *Listen to the 'bass line'*
3. *Put yourself in the other person's shoes*
4. *Ask Questions rather than giving answers.*
5. *Wait through periods of silence. You do not have to fill them with blether.*
6. *Acknowledge their feelings*

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