

## Quick to Hear and Slow to Speak

James 1:19 Know this, my beloved brothers: let every person be quick to hear, slow to speak

Golden Rule, make up your own list first with family

When Rooted and grounded in the Love of God

- Heart in a good place. Settled and at peace
- Healthy sense of own identity and integrity.
- Can have personal boundaries which enable empathy and not defensive
- Can fully listen with all your attention focused on the speaker, no defenses
- Can have Open honest safe Communication
- Create a safe place
- Children able to address difficult things and Parents are able to hear
- Can rest, Be still, Reflect

Attribute value to the speaker and what they have to say

Hear from their perspective or Hear as you want to be heard. The golden rule  
Ask God for a teachable spirit, ears to hear

### Listener, Approachable

1 Samuel 25:14 But one of the young men told Abigail, Nabal's wife, saying, Behold, David sent messengers out of the wilderness to salute our master; and he railed at them. 15 But the men were very good unto us, and we were not hurt, neither missed we anything, as long as we went with them, when we were in the fields: 16 they were a wall unto us both by night and by day, all the while we were with them keeping the sheep. 17 Now therefore know and consider what thou wilt do; for evil is determined against our master, and against all his house: for he is such a worthless fellow, that one cannot speak to him.

Speak and Listen

Not about what you are saying but how you are saying it.

- James 3:17 But the wisdom that is from above is first pure, then peaceable, gentle, easy to be entreated, ASV

Proverbs 1:5 A wise man will hear and increase in learning, And a man of understanding will acquire wise counsel,

Proverbs 2:2 Make your ear attentive to wisdom, Incline your heart to understanding;

Proverbs 3:5 Trust in the LORD with all your heart, and do not lean on your own understanding.

Proverbs 14:12 There is a way that seems right to a man, but its end is the way to death.

Proverbs 18:13 If one gives an answer before he hears, it is his folly and shame.

Proverbs 20:5 Counsel in the heart of man is like deep water; But a man of understanding will draw it out.

### Principles for Listening and Receiving Information

Receiver/Listener, “you”, not “I”

RESPOND thoughtfully and try not to REACT emotionally

Attribute value to the speaker and what they have to say

Hear from their perspective or Hear as you want to be heard. The golden rule

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The goal is to understand what the speaker is thinking and feeling

- 1 Maintain Positive Eye contact and respectful body language, (without eye rolls or groaning)
- 2 Be fully engaged, wanting to understand
- 3 Set aside distractions, technology, smart phones, pads, triangulation
- 4 Value the speaker's thoughts, feelings, and expressions.
- 5 Face the speaker, without being intrusive
- 6 Be respectful without interrupting
- 7 Listen without preparing a defense or a retort

- 8 Ask questions for clarification, to avert jumping to conclusions.  
To aid in understanding the speaker, restate or rephrase;  
Is this what I hear you saying?
- 9 Intentionally explore key words as you probe for fuller meaning  
Ex: I feel sad, what makes you sad? I am happy, what makes you happy?
- 10 RESPOND thoughtfully and try not to REACT emotionally
- 11 Try not to personalize what has been said,  
but reflect on what you have heard.
- 12 Acknowledge and affirm what has been communicated,  
I hear you, I get that, I understand
- 13 Stay at the table, don't flee, retreat, or shut down
- 14 If you are starting to take information personally, need time to process  
and assimilate information you have heard, or discern your emotions, it is  
ok to express how you are feeling. Say this is uncomfortable to hear and ask  
for a break or a time out.
- 15 Avoid ultimatums, rather, express your frustrations.
- 16 If you decide that what has been said upsets you, and it is something you  
can overlook, then do so without carrying around an attitude. If you need to  
address it take responsibility to do so with clarity so no one has to wonder  
or guess, and to help prevent your emotions from escalating.
- 17 Follow through to enable you to hear and respond in the Spirit.
- 18 Set a date with a clear agenda for follow up discussions.