

# Can You Hear Me Now?

## Listening – The Key to Communication

### ➤ Introduction

Express total \_\_\_\_\_ . (1 John 4:10-11)

### ➤ Defensive Techniques that Signal Rejection

1. \_\_\_\_\_ / \_\_\_\_\_ —”The reason I said that...”, “What I meant was...” — Aaron with Moses (Exodus 32:21-24)
2. \_\_\_\_\_ —”I’m really sorry that...”, “I shouldn’t have said that...” — Saul with Samuel (I Sam. 15:24-26)
3. \_\_\_\_\_ —”I admit what I did was wrong, but you...”, “Well, maybe you’re right, but what I can’t understand is why you...” — Peter with servant girl (Mark 14:66-71)
4. \_\_\_\_\_ —”Maybe you should...”, “It seems to me that if you...” — Eliphaz, Bildad and Zophar with Job (Job, Chps. 4-11)
5. \_\_\_\_\_ —”I don’t really see why you feel...”, “Gee, honey, there’s no need to feel...” — Judas with Mary (John 12:1-7)
6. \_\_\_\_\_ —”What I think you really mean is...”, “I don’t think you feel...” — Peter with Jesus (Matt. 16:21-23)

### ➤ Listening Techniques that Signal Acceptance

*The purposes of a man’s heart are deep waters, but a man of understanding draws them out.* (Proverbs 20:5)

1. \_\_\_\_\_ — ”It sounds like you feel...”
2. \_\_\_\_\_ — ”Are you saying that...?”
3. \_\_\_\_\_ — ”I’m not sure what you mean...”
4. \_\_\_\_\_ — ”Do you also feel...?”

➤ **Living Illustrations**

➤ **Conclusion**

➤ **Couple Sharing Questions**

1. Identify the one phrase you would like your mate to use to signal they are listening to you.

Husband \_\_\_\_\_ Wife \_\_\_\_\_

2. Sitting together, have the wife talk about anything she would like to for five minutes. Be sure to time this. During the time she is talking, the husband is to listen and not think about what he will say, nor is he to ask any questions. At the end of the five minutes, he is to repeat back what was said as closely as possible to show he was listening to what his wife was saying. He should also share what he thought she was feeling or what feelings she was expressing.  
After the husband repeats what he can and tells what he heard, the wife responds by telling him whether or not he really heard what she was saying.  
Then husband and wife are to shift roles. The husband is to talk five minutes, the wife to listen and the entire process is to be repeated. Do two more turns if you have time now or do them later.
3. Sit facing each other. Take turns making statements that start with the word "I." Do not make long statements, and do not clarify or ask questions. Simply make the statement and then let your spouse make one. Alternate in this manner for at least ten turns.

As you go along share more and more of how you FEEL. Examples of how this process might occur are:

"I feel funny sitting down and doing this."

"I feel that this is going to be different and I am looking forward to it."

"I wish we could do this more often."

"I guess I will feel funny letting others know we did something like this."