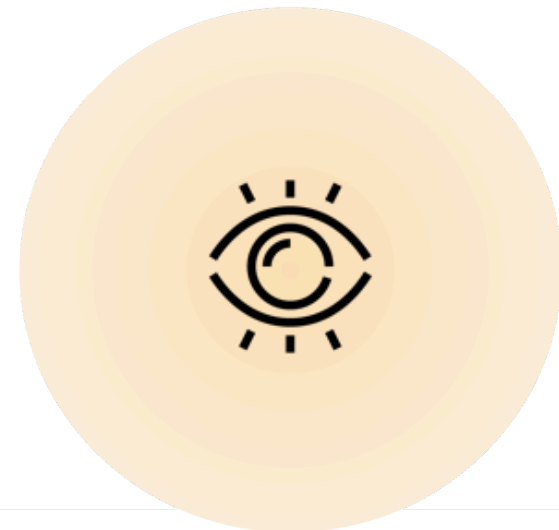


Active Listening

FOUNDATIONAL LISTENING SKILLS

Physical Engagement



- Appropriate eye contact
- Open body posture
- Affirmative non-verbal cues (nodding, warm tone)



Spiritual Attentiveness



- Discernment
- Prayerful attitude
- Recognize spiritual aspects of shared experience



Verbal Response



- Reflection: "I hear you saying that . . ."
- Clarification: "Could you help me understand . . ."
- Validation: "It makes sense that you would feel . . ."

Implementation Tips



Keep hands relaxed and visible • Maintain eye contact 60-70% of the time to avoid staring • Match facial expression with emotional tone of conversation



Ask the Holy Spirit for wisdom in navigating the conversation • Notice references to faith, doubt, & spiritual struggles • Operate in the fruit of the Spirit



Check for accuracy: "Am I understanding correctly?" • Use silence effectively after reflections • Listen for 3 main points before responding

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4. Tan, S. Y. (2011). Lay Christian counseling. In J. D. Aten, M. R. McMinn, & E. L. Worthington, Jr. (Eds.), *Spiritually oriented interventions for counseling and psychotherapy* (pp. 67-88). American Psychological Association. <https://doi.org/10.1037/12313-003>
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