

Active Listening

Definition: Active listening is giving someone the gift of your full attention. It is being open to truly understand and respond to the complete message—the content and the underlying emotions—someone else is conveying.

AN INDIVIDUAL WHO ACTIVELY LISTENS . . .

DOES

- ✓ Invite the Holy Spirit to guide the conversation
- ✓ Use gentle, encouraging words like “I see” or “I understand”
- ✓ Use discernment in identifying the content and underlying emotions involved
- ✓ Practice patience and gives others time to complete their thoughts
- ✓ Make appropriate eye contact to establish trust and engagement
- ✓ Create a distraction-free environment to ensure a safe space for conversation

DOESN'T

- ✗ Use harsh language or criticize
- ✗ Establish one’s own agenda when partaking in the conversation
- ✗ Judge the conversation or make assumptions about the story or event
- ✗ Use their phone or multitask during the conversation
- ✗ Stare or avoid eye contact, leading to an uncomfortable dialogue
- ✗ Interrupt or talk over others

Biblical Wisdom

James 1:19: “My brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry” (NIV).

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

John 16:13: “When the Spirit of truth comes, he will guide you into all the truth” (CSB).

Galatians 5:22–23: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law” (ESV).

References:

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