



HOLY LISTENING

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Think about someone in your life who's a good listener.

What's an adjective you would use to describe him/her?

How about a feeling towards this person?

"All guests who
present
themselves are to
be welcomed as
Christ."

St. Benedict of Nursia





Visitor - Definition

"A visitor is someone who comes and goes without much preparation on our part or much thought afterward."

Guest - Definition

"A guest, in comparison, is typically a person who is cared for and has been intentionally invited. Most of the time, a guest is somebody who is an active participant...a person who is looking for a specific experience."



HOLY

definition

**set apart, consecrated to God or to a
religious purpose.**

HOLY LISTENING IN CHURCHES

"When we engage in it, we are hoping and expecting to encounter God. Holy listening is indispensable in congregations because it builds intimacy and helps people connect with each other in a way that goes beyond the superficial, resulting in powerful bonds between people. "

- Craig Satterlee





HOLY LISTENING QUALITIES

- Self emptying
- Conscious effort
- Understanding mind and body information
- Silencing a need to respond



JESUS ON THE ROAD TO EMMAUS

Luke 24: 13-35

Everybody has a faith story.

Luke 24: 13-35

13 Now that same day two of them were going to a village called Emmaus, about seven miles[a] from Jerusalem. 14 They were talking with each other about everything that had happened. 15 As they talked and discussed these things with each other, Jesus himself came up and walked along with them; 16 but they were kept from recognizing him.

17 He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. 18 One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

19 "What things?" he asked. "About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. 20 The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; 21 but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. 22 In addition, some of our women amazed us. They went to the tomb early this morning 23 but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. 24 Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

25 He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken!

LECTIO DIVINA

LECTIO (reading)

1. What is this passage about?

MEDITATIO (meditation)

2. What is this saying to me?

ORATIO (prayer)

3. What do I want to say to God about this?

CONTEMPLATIO (contemplation)

4. How do I want to take this into my day?



EMMAUS LISTENING TAKEAWAYS

- 1) It's about storytelling and the disciples have a story of disappointment and disillusionment.
- 2) Jesus joins in as a stranger and listens. He let them tell their sad story and then he tells his story.
- 3) He helped them to find meaning in their story by showing them the meaning he had found in his own.



SKILLS NEEDED FOR HOLY LISTENING

- 1) Focusing your Attention
 - set aside distractions
 - prevent interruptions
 - allow for silences

SKILLS NEEDED FOR HOLY LISTENING (CONT)

2) Listening Generously

- follow what is said and note
what is not said

- * feelings beneath words
- * Meta messages
- * embrace the mystery of the
conversation.





SKILLS NEEDED FOR HOLY LISTENING (CONT)

- 3) Being fully present
- Convey interest with
 - * eye contact
 - * body language
 - * encouraging words

SKILLS NEEDED FOR HOLY LISTENING (CONT)

RESPOND VERBALLY

1) Summarize content

- restate
- paraphrase
- reflect

2) Ask a question

- clarify?

3) Avoid probing, advising, evaluating and interpreting



Check Yourself....Am I

* judgemental

* cynical

* uncomfortable?

HOLY LISTENING IN A RELATIONSHIP

"The first service that we owe to others in the fellowship of caring consists of listening to them. Just as love for God begins with listening to God's word, so the beginning of love for people is learning to listen to them.

Christians so often think that they must always contribute something when they are in the company of others, that this is the one service they have to render. They forget that listening can be a greater service than speaking."

Dietrich Bonhoeffer, *Life Together*



*Don't just
do something,
stand there.*

Rochelle Myer

**DO YOU
REALLY
LISTEN?**