



*“We have two ears and one mouth
so that we can listen twice as much as we speak.”*

— Epictetus



“Then **pay attention to how** you listen”

[take care how you listen]

[consider carefully how you listen]

Jesus in *Luke 18*

While He was still speaking, a bright cloud enveloped them, and a voice from the cloud said, "*This is my Son, whom I love; with Him I am well pleased. **Listen to Him!***"

Matthew 17:5

Understand this, my dear brothers and sisters!

Let every person be **quick** to listen,

slow to speak,

slow to anger.

James 1:19

compassionate

caring

healing

respectful

loving

patient

attentive

empathizing

*The Good
Listener*

James E. Sullivan

Ways in which we fail to listen well:

We **Refuse** to listen

We **Pretend** to listen

We listen **without patience**

We listen **but don't understand**

We listen **without an adequate response**

We are **too busy or too pre-occupied** to listen.

All genuine loving begins with **attentive, sensitive listening**. This is the “dying to self” about which Jesus speaks—the giving up, at least temporarily, of my own point of view.

It requires turning aside, at least for the moment from my own perceptions in order to be present in the world of another: to see what the other sees, to feel what the other person feels.

Few other sacrifices on my part are so difficult. And probably no other sacrifice treats you with such exquisite reverence and respect.

James E Sullivan, *The Good Listener*, page 12

“To listen
is to lean in softly
with a willingness to be changed
by what we hear.”

— *Mark Nepo*

“To listen another’s soul into a condition of disclosure and discovery may be almost the greatest service any human performs for another.”

— *Douglas Steere*



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