

**Rev. Jacari P. Davis, Senior Pastor**

**Bella Vista Missionary Baptist Church**

**Bible Study**

**April 1, 2020**

***“A Different Kind Of Leader”***

**Leading Through Listening**

**Scripture Lesson:** James 1:19 (NRSV)

v As Kingdom Collaborators with Christ in the culture, we have been challenged to learn to listen \_\_\_\_\_\_\_\_\_\_. Learning to do this requires us to understand and embrace \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a necessary component in communication. This means recognizing that the genuineness of our communication is reflected in how we listen, our tone of voice, and even our body language.

v Listening is a \_\_\_\_\_\_\_\_ of love. It takes discipline to do, and it is an act of Christian leadership. We \_\_\_\_\_\_\_\_\_\_\_ to listen! As leaders, particularly during this season of high anxiety, we must learn to listen differently, which means learning to be ***EMPATHIC LISTENERS!***

·       Empathic Listening – seeking ***first*** to understand. Most people don’t listen with the intent to understand, but seeking to respond. They’re filtering through their own paradigms, reading their autobiography into other people’s lives. When you listen with empathy to another person, you give them \_\_\_\_\_\_\_\_\_\_\_\_\_\_ air! You give life to others when you authentically listen to them!

·       Are you giving life to your loved ones and those with whom you communicate during this quarantine, or are you allowing anxiety to insensitive and disinterested?

v When a person speaks, we’re usually listening at four levels:

·       \_\_\_\_\_\_\_\_\_\_\_\_\_ – We aren’t really listening at all

·       \_\_\_\_\_\_\_\_\_\_\_\_\_– Yeah. Uh Huh. Right.

·       \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ – Hearing only parts of a conversation

·       \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ – We pay attention and focus on the words (this is what we want!)

v To be attentive listeners, we must try to avoid four (4) natural responses:

·       **We evaluate** – we either agree or disagree

·       **We probe** – we ask questions from our own frame of reference

·       **We advise** – we give counsel based on our own experience

·       **We interpret** – we try to figure people out and explain their motives and behaviors based on our own motives and behaviors

v There are three (3) to practice and remember if we are to listen empathically:

·       Know that it’s not your role to rescue. We should attain a useful level of interested detachment. **Neutrality** is the best way we can help people with emotional conflicts and difficulties.

·       Learn to manage your own anxiety and your need to rescue others.

·       Learn to become a less-anxious presence and a calm observer.

v Let’s practice the principles!

·       Recognize that, in this season, everyone in your home has different needs. Before the week is complete, do these things with your family to practice authentic listening and give each other the gift of love in genuine concern.

1.     Create a space that is safe for authentic conversation by ***first*** expressing what you need in life right now.

2.     Ask the other people in your family this question, and give them the space to be honest. (Including your children)

3.     Once needs are expressed, challenge every person to take responsibility for how they will initiate what they need. (Resist giving answers or advice)

4.     Practice this with other people you speak with to help lower anxiety levels around us.

**“The first duty of love is to listen.” – Paul Tillich**