



“I was afraid of the silence.”

Mark 1:35 NKJV *Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.*

Psalm 4:4 NKJV Be angry, and do not sin. Meditate within your heart on your bed, and be still.

Psalm 4:4 NIV Tremble and do not sin; when you are on your beds, search your hearts and be silent.

## GOOD LISTENING REMINDERS

1. \_\_\_\_\_ and \_\_\_\_\_ are two different things.
2. We have not listened unless we can state to the other person's satisfaction why their *position* makes sense to them.
3. *No one is as \_\_\_\_\_ as the man who will not listen. - Jewish Proverb*
4. A good listener lets the other person know the message was \_\_\_\_\_.
5. Let the speaker finish talking without \_\_\_\_\_.
6. Hold on to your \_\_\_\_\_ and your message.
7. Try not to \_\_\_\_\_ the message you hear.

## 8. Try not to change the subject.

Psalm 62:1-2 NLT I wait quietly before God, for my victory comes from Him. He alone is my rock and my salvation, my fortress where I will never be shaken.

Psalm 46:10 NLT Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.

## THE POWER OF SILENCE

1. In times of silence we \_\_\_\_\_ how much God loves us.
2. Having times of silence \_\_\_\_\_ you that you are a child of God first and a servant of God second.
3. Having times of silence \_\_\_\_\_ our mind as we \_\_\_\_\_ on God's Word.
4. Silence \_\_\_\_\_ our heart as God \_\_\_\_\_ us with those things we need.
5. Silence is about doing \_\_\_\_\_ while we allow God to do \_\_\_\_\_ in our heart.

## HOMEWORK QUIZ

Answer the following questions with these choices:

a) Often    b) Sometimes    c) Seldom    d) Never

Good Listening Habits: Do you ...

1. Show that you're listening through your body language? \_\_\_\_\_
2. Try to figure out what the other person means while they speak? \_\_\_\_\_
3. Give feedback about what was said to make sure you heard the message clearly? \_\_\_\_\_
4. Explain what was said so you can understand better? \_\_\_\_\_

5. Give your complete attention when someone is talking?

\_\_\_\_\_

If you answered sometimes or often for most of the questions, good for you!! Now you can try to improve on the rest.

Poor Listening Skills: Do you ...

1. Interrupt or ask unimportant questions that show that you are really not listening? \_\_\_\_\_
2. Try to formulate your response while the other person is still talking? \_\_\_\_\_
3. Try to multitask while holding a conversation? \_\_\_\_\_
4. Find yourself judging what the other person is saying? \_\_\_\_\_
5. Look for mistakes when the other person is talking? \_\_\_\_\_

If you answered sometimes or often to most of the questions, don't worry!! You are honest enough to admit that you might not be the best listener. All of us, at one point, tend not to listen. Now you can improve your listening skills!!

## HOMEWORK WITH YOUR FAMILY

1. Get your family together and write down some basic ground rules for your family's communication style.
2. Express your desire to communicate better as a family.
3. Apologize for any negative communication habits you've had in the past.
4. Share your desire to be available and your willingness to talk about any and all issues. Let them know you are available.
5. Consider having a "silent" day where there are no cell phones, no TV and see who in the family wants to participate. Maybe this will be a positive habit.

*\*All scriptures are from the NIV translation unless otherwise noted.*