



## WEEK 5 DEVOTIONAL

### TWO TO ONE | Learning to Listen

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#### RECEIVE

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Enable yourself to slow down by looking up the following verses and writing them out in your journal or on a piece of paper: **Proverbs 1:5; 1:8; 19:20; Luke 8:18; James 1:19**. Circle the words that jump out to you and discern what the Spirit is speaking to you.

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#### REFLECT

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1. Of the four modes of "Hole-y Hearing" suggested, which do you recognize in yourself?
  - The Bobble-Head – interior free-association, mind on other matters, glazed or distracted
  - The Jerky Microphone – urgent desire to make my point, constantly composing my response, anxiety going up the longer the other talks
  - Springboard Listening – listening mainly for items that create an opportunity to talk about my life
  - Confirmation Hearing – assume I have the other person and their position wired, take in mainly what confirms my viewpoint

2. What other forms of “Hole-y Hearing” have you observed or engaged in yourself?
3. When was the last time you experienced someone truly and deeply listening to you? What did that feel like to you? What was different about this than the pattern of conversation you may more frequently experience? Why not send that person a short note or quick text letting them know how grateful you are to them for being present to you in that way.
4. When was the last time YOU engaged in “Holy Hearing?” What motivated you to listen to the other person in this way? What were the benefits?

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## RESPOND

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5. On a scale of 1 (never) to 10 (always) how often does the following statement characterize you?

*More often than not, I am a Holy Hearer.*

- a) I have a loving heart toward people and a desire to listen to what is going on within them. When someone seeks my attention,
  - b) I try to set aside distractions,
  - c) pay attention to their words and body language so as to discern what they are fully saying,
  - d) and make prompting responses or ask questions that help them further unpack their experience.
6. Which parts of the above behaviors are most and least typical for you?
  7. For the ones least typical how can you grow to be a more Holy Hearer. Be as specific and practical as possible. Who can you share this with to let them know this is your desire and would appreciate their prayers and accountability?

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## RESOURCES

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### **Proverbs 1:5** | New International Version

<sup>5</sup>Not let the wise listen and add to their learning,  
and let the discerning get guidance—

### **Proverbs 1:8** | New International Version

<sup>8</sup> Listen, my son, to your father's instruction  
and do not forsake your mother's teaching.

### **Proverbs 19:20** | New International Version

<sup>20</sup> Listen to advice and accept discipline,  
and at the end you will be counted among the wise.

### **Luke 8:18** | New International Version

<sup>18</sup> Therefore consider carefully how you listen. Whoever has will be given more; whoever does not have, even what they think they have will be taken from them."

### **James 1:19** | New International Version

<sup>19</sup> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,