

Listening, the Foundation for Prayer and Share

Listening is the very **foundation** on which we are to **BUILD** our **Kairos Communities**. Let us build our foundations on the **ROCK which is Christ our Lord** and not on loose sand.

Kairos is all about **CONTINUING MINISTRY** and at the **HEART** of our ongoing Christian Walk are events that **REQUIRE** us to be a **GOOD LISTENER, especially for PRAYER & SHARE**.

Anybody know what the motto of Kairos is?

LISTEN, LISTEN, LOVE, LOVE.....This talk on Spiritual Listening is about **BOTH!**

There are **TWO Parts** to LISTENING: **ACTIVE** Listening and **SPIRITUAL** Listening.

1. ACTIVE LISTENING

How many of us would rather talk than listen?

For **MOST** people LISTENING is one of the **MOST DIFFICULT** skills and so in the beginning we need to be **VERY INTENTIONAL** (ACTIVE) and **Practice** until it slowly becomes easier.

God Created us with **ONE mouth** and **TWO ears**. Maybe we should **LISTEN twice as much as we TALK**.

Here are some **REASONS** why Listening can be **so difficult**:

- We are **not really interested** in the opinions of others and prefer to steer the conversation **back to ourselves**.
- We **Listen to RESPOND** instead of **Listening to UNDERSTAND**.
- **We have Many DISTRACTIONS**: Satan uses **others** around us while we are trying to listen. Satan uses **Our OWN minds** to **saturate our thoughts away** from what is being shared.
- Being **JUDGEMENTAL filters out** some of what we are actually hearing, which results in wanting to **moralize or preach** as a response.
- We try to **fix** by giving **premature advice** or offering **cheap consolation**.

So, to **SUMMARIZE** the Active Listening part, we **NEED TO BE PRESENT IN THE MOMENT** and **NOT Listen to RESPOND** but instead **Listen to FULLY UNDERSTAND**.

2. SPIRITUAL LISTENING

There are **many aspects** to Spiritual Listening.

Why do you think we **repeat the words** in the Kairos motto of LISTEN, LISTEN, LOVE LOVE?

In fact, LISTENING is an ACT of Agape Love!

We begin as we **Listen** to what our **friend** is saying, and we **ALSO Listen** to what our **LORD** is **telling** us about our friend. We **Love our LORD** and He in turn **pours out His Love to us** so that we can **SHARE IT** with our friend.

We cannot give away what we don't have. Freely **receive** our LORD'S Agape Love but **do what Jesus did** and **pass it on.** **Living Water FLOWS, stagnant water quickly goes bad, be the 'CHANNEL'** between the Lord and our Friend **and we too** will be 'REFRESHED'.

Here are some **ways** in which we can **practice** the Spiritual Listening part:

- **Listen with our Heart** – ask the **Holy Spirit** to come into our heart, He is often called **Wise Counsellor, Comforter or Advocate.**
- **Humble ourselves** and **place other people above our own need to be heard.**
- **Be patient** and **wait** until both our friend and our Lord have spoken.
- **Listen using our EYES:** Our **vision and** being able to **FOCUS** on our friend can **tell us just as much** about him/her as hearing what he/she **is** saying or **not** saying. Remember in the **ACTION** talk, we learned to **"Make a Friend and Be a Friend"** to **form a friendship relationship.** Doing this will allow us to immediately **spot** when a friend is **DOWN** or **Filled with JOY or PEACE.** During our weekly Prayer & Share meetings, our **activity** is **both PRAYER & SHARE** and **PRAYER & CARE,** depending on our grouping brothers/sisters being **UP (praying for others) or DOWN (needing prayer).**

To become a **Good Listener** takes **time** and **lots of practice.** The **more** we intentionally **do it,** the **easier** it becomes, at least, in my experience. We may find that one of our brothers has the '**GOD-GIVEN**' **Spiritual GIFT of DISCERNMENT.** As the **Body-of-Christ,** allow this brother to use his/her gift to **bring the needs of THE CHURCH** to our attention.

Wonderful things happen when we learn to **REALLY Listen** to another human being, such as:

- We **feel valued** by someone else.
- We **feel less lonely**, as we feel like we **belong** and have a **bond** with others.
- We **GROW** to become **better disciples of Jesus** by opening His perfect **Gift of GRACE** and accepting **His LOVE**, and this helps our **self-worth**.
- We are able to **express our feelings** and **not bottle them up – we all need a ‘release valve’**.
- We **realize** that we have **more in common** with others **than differences**.
- We are **supported** and **can provide support** and **PRAYERS** as we live in **COMMUNITY**.

We have the **honor of witnessing** our LORD at **Work**, let us pay attention. Remember to LISTEN and LOVE so that **we see the OPPORTUNITIES** that our **Lord puts in front of us**. **The Harvest is plentiful, but the Workers are few.**

Blessings,

Chaplain Laurent