**Listening so your kids will talk**

May 3, 2017

**To know and be known – Real relationship goal**

**Intro and two questions**

**God is relational and values listening**

* He who answers before listening – that is his folly and his shame. Pv. 18:13
* A fool finds no pleasure in understanding [listening] but delights in airing his own opinions. Pv. 18:2
* My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19

**God is relational and he listens**

I love the Lord, for he heard my voice; he heard my cry for mercy.

Because he turned his ear to me, I will call on him as long as I live.

Ps 116:1,2

**Importance of listening in communication**

To know and be known

* Rare in our culture
* We live in a hostile environment for listening
* We can invest in learning to listen

Listening doesn’t come easily or naturally. Why? Because we are self-centered. It is natural to talk – especially about oneself. It is easy to listen – to words that flatter us. But to listen to the heartaches and burdens of others; to listen to their suggestions and criticisms; to listen in such a way that we get to know them and ourselves better – this takes work. Let’s face it. We are lazy listeners.

The Trauma of Transparency, J. Grant Howard, p. 93

* + Get books on listening; talk to each other about listening

Crucial Conversations, Talk So Your Kids (Teen) Will Listen, Parenting With Love and Logic(online resources)

* + Take Lee Campbell’s Intimacy Class with someone - accountable
  + Teach kids how to listen by learning to listen ourselves

….after you listen you will have earned the right to be heard – you will get to talk

**With kids/friends/family….you can foster listening**

BE CURIOUS: ask the next question, do not change the topic, go deeper

* Tentatively identify: 1)the thought, 2) the feeling

Then summarize aloud and ask to check your understanding

* Look for the feeling between the fact and the action

Tentatively check with the speaker

TAKE A RISK – Don’t drive the conversation.

We will never realize how often we do this till we try to stop!!!!

PUT ASIDE PRECONCEIVED IDEAS

Assume we DO NOT KNOW what they are thinking/feeling.

BE AVAILABLE

Mental goal is to get up and sit on their side of the table.

STOP TALKING – 93% of communication is non-verbal

body language – 55%; tone – 38%; verbal – 7%

* MOTHERS SPEAK TWO LANGUAGES, ONLY ONE IS VERBAL
* IF BODY LANGUAGE AND VERBAL LANGUAGE DON’T MATCH,

ONLY BODY LANGUAGE WILL BE HEARD

SAFETY IS THE FIRST REQUIREMENT FOR LISTENING

If it gets tense….put the car in neutral….. or back up…or do “U-turn”

BRAINSTORM IDEAS

Hearing their ideas doesn’t mean we agree with their ideas.

Write down their ideas.

**Ideas to try**

Highs/lows

Board games/card games

Walks

Journaling

Gratitude list

Tell kids/family you took this class and have an assignment

* Ask them what makes a good listener/who has listened to them
* Ask whom they could talk to in a pinch
* Exposes all the “good” and “bad” skills we are learning
  + Realize we may not be one of their “good” listeners
  + Hear our style described in their “bad” listener list
  + Collect kudos if we are on their preferred listener list and ask for specific examples – you may be surprised