

Listening – 24:00 (usually 19:00)
Outline Only - Common Protestant Outline
(WITH 3RE CHANGES NOTED IN BOLD ITALICIZED CAPS)

I. Introduction and optional opening prayer (LH or LW: 0:30)

II. Patterns and obstacles to listening (Total time: 4:00)

A. Illustrate by personal example that it is difficult to listen well

(CL or CS: 1:00)

B. Listening patterns that limit my listening (LH & LW: 3:00)

- 1. Listening for facts only**
- 2. Preparing my answer**
- 3. Problem solving**
- 4. Listening with my motor running**
- 5. Pacifying**
- 6. Impatience**
- 7. I've heard this all before**
- 8. Focusing only on the words**
- 9. Minimizing**
- 10. Other listening patterns**

III. Exercise: Some patterns of listening (LH or LW: Total time: 2:00)

A. Introduce the exercise on page ___ in the Workbook

(LH or LW: introduction: 0:15; exercise: 1:00)

B. Introduce the exercise to identify the listening patterns they use

most often with their spouse (LH or LW: introduction: 0:15; exercise: 0:30)

IV. Listening with the heart (Total time: 3:00)

A. Introduce and explain what is meant by “listening with the heart”

(CL or CS: 0:30)

B. Explain how to listen well by illustrating the elements of “listening with the heart” (CL & CS: 2:00)

- 1. Develop an attitude of openness in listening**
- 2. Decide to listen**
- 3. Involve the whole person**
- 4. Be present to speaker**
- 5. Give feedback**
- 6. Go beyond words and be aware of feelings**
- 7. Be aware of the person behind the words**
- 8. Notice non-verbal communication**
- 9. Listen for the sake of the other**

C. Explain why we listen with the heart (CL or CS: 0:30)

V. Listening and its effects (Parable of the Sower: Matthew 13:3-9, 13-15)
(Total time: 4:30)

- A. Read and teach the Parable of the Sower** (CL or CS: 2:30)
- B. LH or LW shares how he/she listened in a new way on their Weekend during a dialogue in an area where it was difficult to listen** (LH or LW: 1:00)
- C. Other spouse shares on the effects of being listened to during the same dialogue** (LH or LW: 1:00)

VI. Sharing on the area in which I find it most difficult to listen to you
(LH or LW: 3:00)

- A. Name the Area**
- B. Why is it difficult to listen?**
- C. What is my strongest feeling when you talk about this area?**
- D. What is the condition of the soil of my heart when I try to listen in this area?**
- E. What personal decision did I make in order to listen?**
- F. What did I hear or experience or learn as a result of listening to my spouse with my heart?**
- G. What were the specific effects on our relationship when I listened with my heart?**

VII. Conclusion (CL or CS: 2:00)

- A. The way I listen to my spouse deeply influences the way I listen to others and to God**
- B. Give the dialogue question and teach what is meant by an “area”**

Questions:

In what area do I find it most difficult to listen to you? How do I feel when you talk about this area?

Writing time: 10 minutes

Dialogue time: 20 minutes

Wives stay in the conference room to write (recommended).

VIII. WRAP UP & MOTIVATION & QUESTIONS (CL OR CS: 5:00)

- A. MOTIVATION TO SEE THE PROGRESS ALREADY MADE**
- B. REMIND AND MOTIVATE REGARDING TAKE-HOME DIALOGUE QUESTIONS**
- C. MISSION POSSIBLE**
- D. TEASER ABOUT NEXT SESSION**