

**Listening – 19:00**  
**Outline Only - Common Protestant Outline**

**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

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**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).