Shhh
The Relationship Blueprint series week 1
by Chris Famisaran

John 4
Luke 24:13-35

Barriers to listening.
You're distracted.
Prior interactions did not go well.
Preconceived ideas cloud your judgement.
You don't care.

Healthy communication requires humility, honesty, an open mind, actively listening, and being assertive.

Active listening requires our full attention, and asks earnest questions.

Why is it important and how does it make them feel?

Communication is more than words pieced together in a sentence.

Failure to listen will create resentment and inability to influence.

When conflict arises, follow Matthew 18:15-20.

Reflection: What are the barriers to listening that you struggle with?

Challenge: Have a conversation with someone you are close to, and someone you are at odds with. Put your active listening skills to work to better understand them and where they are coming from.