



JUNE 27/28

## QUICK TO LISTEN, SLOW TO SPEAK

JOHN FULLER  
SENIOR PASTOR

### INTRODUCTION

Pastor John finishes our series *Note to Self* by diving into the topic of our conversations, specifically the way we talk. In this intensely opinionated time in our history, we're looking at what the Bible says about how we should be speaking to each other and the benefits of having good listening skills.

### DISCUSSION

1. Reflect on your own habits. Do you tend to speak before listening? Do you typically want to hear or be heard?
2. Rate your anger level from 1-10. Typically, when you hear something that frustrates you, how angry do you get? How quickly do you become angry? How long does it take you to simmer down?
3. **Read James 1:19-21.** Reflecting on these instructions, identify what you most urgently need to implement in your own life.
4. Pastor John asks us to reflect on our habits and familial behaviors by asking the following questions: Why do I act this way? Why do I default to particular emotion(s)? Growing up, what behaviors (good or bad) did my family teach me?

### DO SOMETHING

1. Pastor John talks about how words can be life shaping. How have you been wounded by the words of others? How have you wounded others with your words? Before seeking reconciliation, ask the Holy Spirit to show you the state of your heart. If you need healing, ask Him for it. If you need to repent, ask for that as well.
2. After you have worked through your situation with the Holy Spirit, attempt to reconcile with each other. Approach your conversations with one goal: to honor the Lord with your words and attitude.
3. Pastor John explains the most important and hardest thing to practice is being quick, slow, slow with God and letting Him speak. Start with just a few minutes a day and work your way up to ten or twenty minutes of silence with God. At first, this is extremely difficult! Continue bringing your wandering mind back to God, and eventually you'll be able to hold your focus. (Pro tip: If you're finding it impossible, pull out a journal and begin a list of confessions.)
4. Write out James 1:19-21, and place it on your bathroom mirror. Read it aloud to yourself every morning this week.

### RESOURCES

1. Dr. Charles Stanley shares personal lessons about listening in his book *How to Listen to God*, available on [Amazon](#).
2. Meditate on the Word of God by listening to this podcast in your quiet time: [The Christian Meditation Podcast](#)
3. Through clear explanation, specific examples and practical exercises, Dr. Miller offers a step-by-step process for developing your skillfulness in empathic listening in his book *Listening Well: The Art of Empathic Understanding*, available on [Amazon](#)