

Scriptural References

¹⁹My beloved brothers, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, ²⁰for man's anger does not bring about the righteousness that God desires. James 1:19-20

- This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.
1 John 5:14
- Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.
Philippians 4:9

Outcome: Participants will recognize what reflective listening is, how to practice it, and why it's important. [Handouts](#)

NORMS and Parking Lot

Objectives

- Explore characteristics of effective communication
- Define various types of listening
- Practice reflective listening
- Name why reflective listening is important



Time	Topic / Objective	Activity	Scripture Reference
15 min	Welcome Intros Objective 1: Explore characteristics of effective communication	1. Facilitator 2 : Welcome and opening prayer with scripture a. Facilitator welcomes/ prays b. Facilitator states objectives for our together time 2. Facilitator 2 : Quick by Table Whip Around a. State name, how long at MTN or where you worship, where you serve or would like to serve, and one thing your partner loves to do or absolutely dislikes to do	Opening Scripture This is the confidence we have in approaching God: that if we ask anything according to his will, he

		<ul style="list-style-type: none"> i. Give 1 min for processing silently, no asking partner ii. Table intros, state answers iii. Give 5 minutes for tables to complete <p>3. Facilitator 2: Debrief Whip Around</p> <ul style="list-style-type: none"> a. Facilitator asks for some examples (can be love or dislikes) “What were a few things we heard? Popcorn out answers” b. Facilitator asks, “How do you know these examples to be true?” c. Facilitator calls on participants to popcorn out & Facilitator 1 records responses d. After responses are recorded, facilitator circles responses relating to reflective listening/ communication <ul style="list-style-type: none"> i. Examples of look-fors: I heard... he says.. I’ve seen etc. e. Facilitator 2 names that these behaviors are examples of communicating, observing what’s being said/seen- both are examples of listening 	hears us. 1 John 5:14
15 min	<p>Objective 2: Define various types of listening: hearing, listening, active listening and reflective listening</p> <p>Links: 6c,6d: https://study.com/academy/lesson/the-difference- </p>	<ol style="list-style-type: none"> 1. Facilitator 1: Begin w/Scripture Four Square guide: 4 square single-page with 4 words: hearing, listening, actively listening, reflective listening 2. Couples will draft definitions for each of the four words, no Dr. Googling :D three minutes to complete 3. Couples will share their definitions with each other two minutes to share 4. Facilitator will have 4 definitions on sentence strips or chart papers. 5. Facilitator 1 will ask participants to read the definitions to themselves as one volunteer reads each outloud. 6. After each definition is read, couples will determine where they 	¹⁹ My beloved brothers, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, ²⁰ for man’s anger does not bring about the righteousness that God desires. James 1:19-20

[between-reflective-active-listening.html](#)

- a. **1 minute** Merriam-Webster defines **hearing** as the “process, function, or power of perceiving sound; specifically: the special sense by which noises and tones are received as stimuli.
- b. **1 minute** Merriam-Webster defines **listening** as the ability to hear something with thoughtful attention : give consideration listen to a plea. 3 : to be alert to catch an expected sound listen for his step.
- c. **2 minutes Active listening** demands the listener's full attention, and requires listeners to use body language and responses that demonstrate their consideration and full understanding of what the speaker is communicating. The purpose of active listening is to ensure the speaker feels heard and understood.
- d. **3 minutes Reflective listening** encompasses all that is active listening but goes a step further. The listener pays special attention to the content, feelings, and meaning behind the message and reflects back to the speaker to demonstrate understanding and clarify the message. The purpose of reflective listening is to act as a mirror or reflection of the speaker, helping the speaker realize and discover new things about themselves. *A reflective listener refrains from judgment statements, biases, diagnoses, praising, solving, and other things that can prevent the speaker from expressing themselves.*

7. Couples will revise/ update their

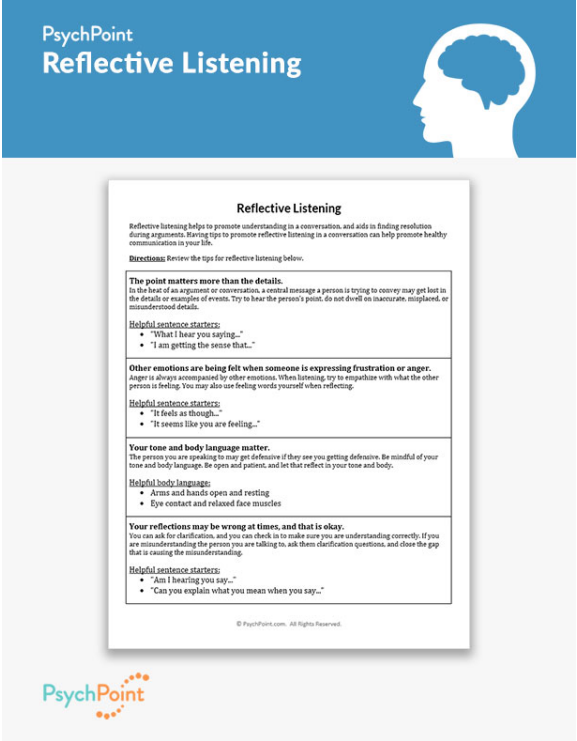
		<p>definitions and share any aha's or wondering about the definitions by popcornning out.</p>	
25 min	<p>Objective 3: Practice Reflective Listening</p> <p>Links: Reflective Listening https://www.therapyduo.com/2017/08/subtle-power-of-reflective-listening/</p> <p>Examples of Reflective Listening https://www.pinterest.com/pin/examples-of-reflective-listening--475129829412073068/</p> <p>Principles of reflective listening: https://slideplayer.com/slide/14894956/</p> <p>PsychPoint Reflective Listening: https://www.psyc</p>	<ol style="list-style-type: none"> 1. Facilitator 2 opens with scripture then says, "Now that we have a definition for reflective listening, let's think about what reflective listening looks like, sounds like and feels like. 2. Participants will receive a one pager with a three-column for L-like, S-like,F-like. 3. Couples will discuss for two minutes, jot down some ideas and be prepared to share out. 4. Participants will popcorn out answers. 5. Facilitator will give examples of reflective listening.  <p>6.</p> 	<p>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. Philippians 4:9</p>

hpoint.com/worksheets/reflective-listening

Principles of reflective listening.

- More listening than talking
- Responding to what is personal rather than to what is impersonal, distant, or abstract.
- Restating and clarifying what the other has said, not asking questions or telling what the listener feels, believes, or wants.
- Trying to understand the feelings contained in what the other is saying, not just the facts or ideas.
- Working to develop the best possible sense of the other's frame of reference while avoiding the temptation to respond from the listener's frame of reference.
- Responding with acceptance and empathy, not with indifference, cold objectivity, or fake concern.

7. **Facilitator 2** will review the Types of Adaptive listening Supportive, Advanced, Immerse, and Discern. Encourage participants to think about how listening styles may help focus on what's being SAID in a conversation by hearing the way the speaker needs you to engage.
8. Participants will practice reflective listening using a worksheet (below) and select from various topics:
 1. What can you celebrate from this year?
 2. In what ways do you want to grow?
 3. What is something I do that I can do better?
 4. How can we strengthen our relationship?
 5. Which habits do you want to let go, and which habits did you embrace? Why?
 6. This week I was most blessed by/bothered by...?
 7. What are you praying for? Why?

		 <p>The graphic is titled "PsychPoint Reflective Listening" and features a blue header with a white brain silhouette. Below the header is a white box containing text about reflective listening. At the bottom of the graphic is the PsychPoint logo.</p> <p>PsychPoint Reflective Listening</p> <p>Reflective listening helps to promote understanding in a conversation, and aids in finding resolution during arguments. Having tips to promote reflective listening in a conversation can help promote healthy communication in your life.</p> <p>Directions: Review the tips for reflective listening below.</p> <p>The point matters more than the details. In the heat of an argument or conversation, a central message a person is trying to convey may get lost in the details or examples of events. Try to hear the person's point, do not dwell on inaccurate, misheard, or misunderstood details.</p> <p>Helpful sentence starters:</p> <ul style="list-style-type: none"> • "What I hear you saying..." • "I am getting the sense that..." <p>Other emotions are being felt when someone is expressing frustration or anger. Anger is always accompanied by other emotions. When listening, try to empathize with what the other person is feeling. You may also use feeling words yourself when reflecting.</p> <p>Helpful sentence starters:</p> <ul style="list-style-type: none"> • "It feels as though..." • "It seems like you are feeling..." <p>Your tone and body language matter. The person you are speaking to may get defensive if they see you getting defensive. Be mindful of your tone and body language. Be open and patient, and let that reflect in your tone and body.</p> <p>Helpful body language:</p> <ul style="list-style-type: none"> • Arms and hands open and resting • Eye contact and relaxed face muscles <p>Your reflections may be wrong at times, and that is okay. You can ask for clarification, and you can check in to make sure you are understanding correctly. If you are misunderstanding the person you are talking to, ask them clarification questions, and close the gap that is causing the misunderstanding.</p> <p>Helpful sentence starters:</p> <ul style="list-style-type: none"> • "Am I hearing you say..." • "Can you explain what you mean when you say..." <p>© PsychPoint.com. All Rights Reserved.</p>	
5 min	Objective 4: Why reflective listening is important	<ol style="list-style-type: none"> 1. Facilitator 1 debriefs with whole group experience— how was it, any aha's or even better ifs: participants popcorn out 2. Facilitator 1 will ask participants why reflective listening is important- table share, then popcorn out 3. Facilitator 1 confirms by naming the benefits of reflective listening: <ol style="list-style-type: none"> a. increase understanding in communication b. reassures partner she/he is heard c. provides opportunity for clarity to prevent misunderstanding 	Pray for the group re effectively communicating