

DEVELOPING MY LEADERSHIP: Active Listening

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Ephesians 4:29

PURPOSE

Experience the power of active listening in your communication with others.

REFLECTION

Read the verses above and then consider the questions below...

- Rewrite this verse in your own words.
- What principle does this verse teach?
- How does it apply to your life right now?

KEY PRINCIPLES

1. The power of listening.

How have you created an atmosphere for growth in your relationships?

2. Actively listen.

What are your areas of strength, and potential areas of growth as an active listener?

3. The hidden monologue.

4. Practice.

How did I do with active listening, in terms of body language, paraphrasing, and asking questions?

What were the distractors in my hidden monologue during the conversation?

Was I able to suspend the hidden monologue, or did it distract me from active listening?

NEXT STEPS

Considering the content of this video, what are my next steps as a leader?

How can I apply these principles in my relationships at home, work and church?