



## Week 1, Day 5:

*Jesus came and told his disciples, “I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”*

**Matthew 28:18-20**

### Stepping Out and Entering In

The passage above from Matthew is sometimes referred to as *The Great Commission* this commissioning which many believe have been given to all followers of Jesus, begins with a two-letter word: go.

Listening begins with a heart that’s willing to move toward the people in our lives. The best spiritual conversations usually occur in places where others feel comfortable.

Validate before moving on. Always verify what you thought you heard by reflecting back the thoughts and feelings of the people you’re listening to. Reflective listening can be a powerful device to help you hear what people are really saying. Spend some time reading the Reflective Listening Phrases that follow. Make these ideas a part of your spiritual conversations.

### Reflective Listening Phrases

- So, if I’m hearing you right...*briefly paraphrase the feelings and ideas you thought you heard.*
- Let me make sure I’m tracking with you. You’re...*briefly paraphrase the feeling and ideas you thought you heard.*
- You’re saying you feel...*briefly paraphrase the feeling...because...briefly paraphrase the thought.* Is that right? Wow.

- You're really...*briefly paraphrase the feeling*...when you think about...*briefly paraphrase the thought*.
- What you really want me to grasp is that...*briefly paraphrase the feeling and ideas you thought you heard*.
- It's like...*use a word picture to convey the feelings or ideas you thought you heard*. Does that capture it?
- So what irritates you off the most is...*briefly paraphrase the feelings and ideas you thought you heard*.
- So what excites you most is...*briefly paraphrase the feelings and ideas you thought you heard*.
- So the really big thing for you is...*briefly paraphrase the feelings and ideas you thought you heard*.

As we end this week with our focus on listening to others. I want to leave you with this point:

Learning to listen is an important skill to learn and one that is an ongoing process. Listening to others is important work. Listening to God, even more important.

**Take Action:**

Take a step toward listening to the people around you and reflect on what is being communicated to you. What are the underlying needs of the people you are listening to? Do you see a searching for Jesus in the stories they share?