

CHRISTUS MINISTRIES

Young Family School of the Heart

VOLUME 4 | GENUINE LISTENING

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True listeners no longer have an inner need to make their presence known. They are free to receive, to welcome, to accept.

Henri Nouwen

CURIOSITY (OPEN-ENDED QUESTIONS)

- *What do you feel about this? or How was that for you?*
- *What's the worst part about this for you?*
- *Can you say more about...?*
- *How can I support you?*

EMPATHY (FEELING WITH)

- *I see how that would make you worried.*
- *I am so sorry you are going through this.*
- *That sounds so sad, awful, stressful, etc.*



Genuine Listening Family Activity

instructions

- Prepare a special dessert ahead of time, but don't tell your kids. First, blindfold them.
- Then guide them through a list of sensory tasks. Before you begin each task, ask them if they still trust you.
- Grab a candle or other aromatic item and ask what it smells like.
- Lead them into an area where they will wash their hands.
- Walk them into the kitchen. Ask them to open their mouths.
- Stick a favorite dessert inside and remove the blindfold.
- Ask your kids what it felt like to go on that journey blindfolded. Use this exercise to discuss putting your faith in God even when you don't know where He's leading you.
- Additional family time questions: What does it mean to put your faith in someone? Can you think of an example of when you put your faith in Jesus and how did He respond?



A GRATEFUL DAY

*Lord, how do you invite me to listen, honor,
and respond to the genuine needs that surfaced
in my partner and me?*