

How To Become Wiser In Relationships
"How To Become A Better Listener" (4 of 4)
Cornerstone Church Of Poway
Pastor Ed Turley
June 4, 2023

Big Idea: If we want healthier relationships, we must apply God’s wisdom.

“Understand this, my dear brothers and sisters: You must all be **quick to listen, slow to speak, and slow to get angry.** ²⁰ Human anger does not produce the righteousness God desires. ²¹ So get rid of all the filth and evil in your lives, and **humbly accept** the word God has planted in your hearts, for it has the power to save your souls. ²² But don’t just **listen** to God’s word. You must **do** what it says. Otherwise, you are only fooling yourselves.” **James 1:19-22 (NLT2)**

I Will Become A Better Listener By:

1. Considering The Other Person

“Understand this, my dear brothers and sisters: You must all be **quick to listen, slow to speak, and slow to get angry.** ²⁰ Human anger does not produce the righteousness God desires.” **James 1:19-20 (NLT2)**

Family of Origin		Coping Tools / Protectors	
Unpredictable	___	Analytical	___
Chaotic	___	Controlling	___
Dismissive	___	Apathetic	___
Abusive	___	Explosive	___
Strict	___	People pleaser	___
Other	___	Other	___

“**Search me,** O God, and know my heart; test me and know my anxious thoughts. See if there is any **offensive** way in me, and **lead me** in the way everlasting.” **Psalms 139:23-24 (NIV)**

Why am I escalating the issue? _____

Why are they escalating the issue? _____

2. Being Curious, Not Furious

“Understand this, my dear brothers and sisters: You must all be **quick to listen, slow to speak...**” **James 1:19b (NLT2)**

What are you trying to communicate?

What is their understanding?

❖ Repeat back your understanding of their need until you get it right.

1 Peter 3:7 – Treat with understanding.

“Love is **patient**, love is **kind**. It does **not envy**, it does **not boast**, it is **not proud**. It is **not rude**, it is **not self-seeking**, it is **not easily angered**, it **keeps no record of wrongs**. Love **does not delight in evil** but **rejoices with the truth**.⁷ It **always protects, always trusts, always hopes, always perseveres**. Love **never fails**.”
1 Corinthians 13:4-8 (NIV)

What is their need?

What is my current need?

Deeper need: Feel loved. Security. Pursued...

3. Removing Filth And Adding God’s Wisdom

“Understand this, my dear brothers and sisters: You must all be **quick to listen, slow to speak**, and **slow to get angry**.²⁰ Human anger does not produce the righteousness God desires.²¹ So **get rid of all the filth and evil in your lives**, and **humbly accept the word God** has planted in your hearts, for it has the power to save your souls.²² But don’t just **listen** to God’s word. You must **do** what it says. Otherwise, you are only fooling yourselves.” **James 1:19-22 (NLT2)**

“If you claim to be religious but **don’t control your tongue**, you are fooling yourself, and **your religion is worthless**.” **James 1:26 (NLT2)**

“If you are wise and understand God’s ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom.¹⁴ But if you are bitterly jealous and there is selfish ambition in your heart, don’t cover up the truth with boasting and lying.¹⁵ For jealousy and selfishness are not God’s kind of wisdom. Such things are earthly, unspiritual, and demonic.¹⁶ For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind.¹⁷ But the **wisdom** from above is first of all **pure**. It is also **peace loving, gentle** at all times, and **willing to yield** to others. It is **full of mercy** and **good deeds**.”
James 3:13-17a (NLT2)

Notes: _____

➤ Where do I need to improve in becoming a better listener?

I will be a better listener by:

- Considering where the other person is coming from
- Asking questions for deeper understanding
- Remove The Filth and Make room for grace

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Family Corner: [Choose one day this week to ask questions to go deeper in faith as a family. Try this over dinner. Keep it to 12 minutes or less.]

Small Groups: [Choose as many questions that honors your group's time commitment]

Open in Prayer:

- What thoughts from this week's message encourages me to live a life for Jesus?

Icebreaker: Share one thing you appreciate about each of your family members?

Big Idea: If we want healthier relationships, we must apply God's wisdom.

Read James 1:19-22

I Will Become A Better Listener By:

1. Considering The Other Person

Family of Origin		Coping Tools / Protectors	
Unpredictable	___	Analytical	___
Chaotic	___	Controlling	___
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Abusive	___	Explosive	___
Strict	___	People pleaser	___

What kind of Family of Origin did you grow up in?

How does that affect your communication skills?

What coping response is the current situation bringing out in me?

Read James 1:19-20

What triggers you to be quick to speak or become angry?

What helps you to listen better?

What is something you could get rid of that would help you listen better to others?

How can you be more gentle in your next conflict?

Read and then pray back these verses: Psalm 139:23-24

Is God pointing out an area that needs change?

What causes you the most anxiety?

What do you think is the greatest cause of anxiety in other family members?

Why does fear sometimes cause you to escalate a conflict?

2. Being Curious, Not Furious

Read James 1:19

Read 1 Peter 3:7

Why is it important to live with understanding of each other?

What is something you often overlook?

Read 1 Corinthians 13:4-8

Which attribute of love is the most difficult for you to master?

Why do you think that is?

Which attribute does your family member need the most from you right now?

Spouse?

Parents?

Children?

What is a current need in your relationship that has a deeper issue?

How can you meet that need better?

3. Removing Filth And Adding God's Wisdom

Re-read James 1:19-21

Is there something you need to remove to hear God better?

What part of God's wisdom do you need to add?

Read James 3:13-17

Which of these attributes listed would make the biggest impact in your relationships?

Close in Prayer: Start praying. Be bold and pray specifically.
