



**TODAY'S MESSAGE:**



## **Listening: Posture and Presence**

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**What if our posture is the beginning of listening, understanding, and loving those around us?**

### **What's my posture?**

- Am I fully present or distracted?
- Am I loving or judging?
- Am I open or closed to being changed?
- Am I trying to fix or offer solutions?
- Am I uncomfortable with empathy or what they're saying?
- Is it easier for me to just get to the next thing I need to say?

"The state you're in is the state you give to others"

– Pete Scazzero

### Jesus' example

- Pace (not running from village to village; always walking)
- Unhurried (Mark 5, Luke 19)
- Limits (taking time to pray, rest, eat, sleep)

### **Mark 5:30-34 (NIV)**

*<sup>30</sup> At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?"<sup>31</sup> "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?'"<sup>32</sup> But Jesus kept looking around to see who had done it. <sup>33</sup> Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. <sup>34</sup> He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."*

**Luke 19:3-6 (NIV)**

<sup>3</sup> He wanted to see who Jesus was, but because he was short he could not see over the crowd. <sup>4</sup> So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way. <sup>5</sup> When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." <sup>6</sup> So he came down at once and welcomed him gladly.

"Being heard is so close to being loved that for the average person they are almost indistinguishable. When I want to genuinely love someone, the best gift I can give is to listen authentically."

– David Augsburger

**Proverbs 18:2,13 (NIV)**

*Fools find no pleasure in understanding but delight in airing their own opinions.  
To answer before listening—that is folly and shame.*

**Listening: Attunement vs Agreeing****Reflection Questions:**

- 1) Who might be someone God is asking you to listen to today?
- 2) What might be one practical way you can slow down in order to love someone in the next 24 hours?
- 3) Imagine what the Gallatin valley would look like if Journey Church was known for our radical commitment to listening to others, what might be the effects of that?
- 4) What would you say is your greatest obstacle or challenge to being fully present and engaged with others (i.e. distracted, uncomfortable with emotion, etc)?



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