



Personal reflection 4

in this reflection: One way to help others is to listen out for their emotions and invite them to bring those feelings to God, so that Jesus, (clothed in his gospel), might minister through us, to one another.

The purposes of a person's heart are deep waters, but one who has insight draws them out.
Proverbs 20.7

Like one who takes away a garment on a cold day, or like vinegar poured on a wound, is one who sings songs to a heavy heart.
Proverbs 25.20

What might these proverbs mean for how we care for the emotions of others?



Remember how emotions operate as a signaling system? When you listen to someone else, their emotions can be signaling something important to you. How you respond might help them to sort through their emotions in a godly way.

Reflect on a conversation you had recently – did you listen well? (see the box for tips on what good listening looks like)

Now plan ahead for the next time you will have an opportunity to listen well:

+ imagine yourself doing all the things in the 'DO' column.

+ imagine that someone has shared something that stirs up strong emotions in you – how will you pray those feelings?

DO	DON'T
> allow the other person to talk more;	> interrupt;
> be attentive as they talk;	> change the subject, or move onto something else;
> use open ended questions;	> interrogate – asking lots of questions;
> pay attention to emotion words;	> give advice – they may want to be heard, rather than wanting a solution.
> reflect back how you understand them to be feeling.	

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Heavenly Father, I am sorry for the times when I have been so wrapped up in myself that I haven't listened well. Help me to care for others with the powerful gospel of Jesus. Remind me that Jesus is at work in me, as he is in those I am hoping to care for. Amen.