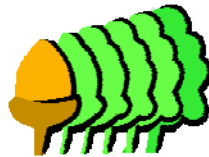


# What is Christian Listening?

ACORN



CHRISTIAN  
HEALING  
FOUNDATION

## **What is Christian Listening?**

**We all listen every day. But how well do we do it? And why is it important that we listen well to others? In a small group of friends, try the brief exercise in the box on the back of this leaflet, jotting down the words that are offered. You will probably conclude from this that listening is a good thing!**

**There are many people in our society who are suffering from a great range of physical and emotional sicknesses. Often the first thing that a person needs is a listening ear. Such a listener will be able to offer a person space in which to find new strength and the way forward to healing and reconciliation. But a good listener is hard to find.**

**Acorn Christian Listeners offers a variety of courses to equip people to listen well to others. The training helps people to listen to themselves as well, for poor listening to the voices within us can make us poor listeners to others.**

**We also teach people to listen to God. Because the ethos of Christian Listeners is respect for others, care is given to value each individual's faith and where they are on their own spiritual journey.**

**The method used is a period of reflective listening without interruption, so that the speaker is given the space to explore the matters that concern them. Summaries are offered as part of the reflective process. Three carefully worded questions are asked at the end to help empower the speaker to clarify their thoughts and to take any appropriate action.**

## **What is Christian Listening used for?**

Acorn Christian Listeners offers training for both general and specific use:

**General** All human beings need to listen well to others if they are to have a good quality of relationships with others. *Just Listen, The Importance of Listening* and *Learning to Listen* courses give training and practice for listening in everyday situations.

**Specific** Many people wish to develop their listening skills for use in a specific situation. As well as offering listening training, Acorn Christian Listeners offer knowledge and expertise in setting up *Listening Services* in new situations. There are listening services connected with churches, ecumenical groups, cathedrals, GP surgeries, hospitals, prisons, local community, schools, young people's clubs, and Universities.

## **Why Christian?**

Acorn is a Christian organization devoted to sharing healing care with others. Those who work for Acorn are Christians and aim to follow the example of Jesus who offered such an excellent example of listening. However there is no intention to impose Christian beliefs on the users of the training, and the material is easily adaptable when offered to people of different faiths or none.

## **Listening or Counselling?**

Listening is different to counselling, though it is often used in conjunction with it. Listening is simpler to learn than counselling and therefore more accessible for people. The simplicity of the training belies the remarkable effectiveness of good listening which has brought healing and freedom to countless lives.

## **A Listening Exercise...**

In a small group of friends, ask each person to think of a time when they were not listened to, and then complete the following sentence with one word:

When I am *not* listened to I feel....

Write all the words down on the left side of a sheet of paper

Then ask them to think of a time when they were listened to, and complete the following sentence in one word:

When I *am* listened to, I feel...

Write all the words down on the right side of the sheet of paper

Now read out the two columns of words and consider the effectiveness of listening.

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