

Module 3 Lesson 4

EarSet

KEY IDEA

Deep connection happens not when we speak well, but when we learn to listen well. The posture of our ears—our EarSet—determines whether our spouse feels heard, valued, and understood.

KEY SCRIPTURES

- James 1:19 — “Be quick to listen, slow to speak, and slow to become angry.”
- Proverbs 18:2 - “Fools find no pleasure in understanding but delight in airing their own opinions.
- Proverbs 18:13 — “To answer before listening— that is folly and shame.”

LESSON & NOTES

The Art of Listening

- a. Don't I _____
- b. Pay A _____
- c. Listen to the H _____
- d. Show U _____

Interpretation

- a. Our Personal P _____
- b. Our A _____
- c. Our E _____
- d. Our P _____ R _____
- e. Our P _____ System

KEY POINTS

- Most communication problems come from poor listening, not poor speaking
- Listening requires humility, patience, and full attention
- The goal of listening is understanding, not solving or fixing
- Listening creates emotional safety, which strengthens intimacy

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HeartWork

“Listening is a gift we give to show our spouses we value them.”

Fred gave several examples of obstacles we have with listening. What are your greatest obstacles to listening to your spouse?

On a scale of 1-10 (with ten being the best), how would you rate your listening skills? How would your spouse rate them?

How do you feel when your spouse does not listen or pay attention to what you are saying? How do you respond when they don't listen?

Regarding interrupting, paying attention, listening to the heart, and showing understanding – how would you rate yourself in each of these skills? What will you commit to do better?

When it comes to interpretation, are you more likely to believe your own interpretations of your spouse's actions and motives, or, if explained, do you choose to believe your spouse's explanations? Why?

Do you ask your spouse why they did or said what they did (in a non-accusing way), or do you tend to assume their motives instead?

What are the greatest influences for how you interpret your spouse's words, motives, or actions (past hurts, assumptions, your emotions, your relationship patterns, our processing system)? Consider these as you interact with your spouse.