



DAY 8



ACTIVE LISTENING

**Know this, my beloved brothers:
let every person be quick to hear,
slow to speak, slow to anger;
James 1:19**

Slowly – breathe in.

As you softly breathe out, whisper His name...Posture your heart to hear.

Active listening – it’s the discipline of letting go of your own thoughts as you take in and meditate on the words of another. You may think, “I have an answer to that.” Breathe... listen. It takes practice and so many of us can forget – with our spouse, children, and especially our Savior.

In periods of waiting, Christ prepares our hearts. Are you listening? Are you setting your will, anger, fear, and frustration at the foot of the cross? Or do you find yourself thinking of the outcomes of today’s troubles and stress, speculating how He may be using them to refine you or maybe... just maybe... we need to breathe. He has so much to say.



Let us do the same for others. The world cries out for the grace of our God. If we are too caught up in telling the world what's wrong with it, we may miss the pain of the soul crying for our Lord distracted by the flesh boasting in its sin.

How often do you pray to the Lord without an agenda? Do you take time to still your heart and listen?

Do you speak quickly when listening to your spouse, child, friend, coworker, or sibling? Would you learn more of their joys and pains if you spoke less?

Lord help me to quickly hear your wisdom, to slowly speak to the world as it cries out for you, and to press against the momentum of my anger so it may guide me righteously and not distract me from your will.

– JACK PIDGEON –

