

NBP  
June 11, 2020

Psalm 13:5 (NKJV) - *I have trusted in Your mercy; my heart shall rejoice in Your salvation.*

### Listen Actively

One of our most basic human needs is to feel heard, understood and deeply known. As you consider leading your family, friends, work associates, employees, fellow students and small groups, it is vitally important that you practice *active listening*. What is active listening? It is a leadership discipline whereby the listener fully concentrates, understands, responds and remembers what is being said.

How can you be an active listener?

1. **Be curious:** Curiosity is neutral and affirms the person speaking. You could say, "Help me understand your point of view. I'm curious how you feel about this."
2. **Empathize:** Empathetic statements are about the other person and his/her point of view. Here are a few examples: "That must be so painful for you. You must be so sad."
3. **Respond:** Responsiveness communicates understanding, validation, and care. "I want to know more. Your feelings and your experiences are valid & real. Help me understand what this is like for you right now."

Active listening means that you are working to understand the other person's point of view. You are endeavoring to step into the other person's shoes.

Neuroscience has found that when we feel truly heard, we are 30% more likely to come up with our *own solution*. For example, "What I'm hearing you say is... Am I getting that right?"

Sometimes we don't know the right words to say, so we *don't say anything*. And, many times that is the best option. But, at other times, words serve as the conduit to let someone else know that you are there, you are listening, and you care.

### Detail: Attendance

The "official" small group season ends June 13. Are you planning on continuing your small group through the summer? Or are you planning to stop meeting until the start of next season? Please email us and let us know your summer plans so that we can administrate your small group accordingly. Once we hear from you, we can turn off the attendance emails or reach out to you for attendance. (Attendance can be a challenge, and we want to make sure to be as accurate as possible.)

### Zoom Leader Community (ZLC)

Remember that our next ZLC is scheduled for Monday, June 15, 6:30-7:30pm. This will be our **ONLY** ZLC next week. (We will **not** have a ZLC on Thursday, June 18.)

**More details after the weekend!**

**Sign Up for Weekly Small Group Texts**  
**Text "SGLEADERS" to 555888**

Psalm 107:20 (NKJV) – *He sent His word and healed them and delivered them from their destructions.*

Lead well, **Pastor Dale, Bethany, and Melissa**