



# My Big Fat Mouth Listen Up!

#npmybigfatmouth

Week 1  
1 of 4

January 6, 2019

**Bottom Line:** Seek to understand before being understood.

**Icebreaker:** What's your favorite day of the week and why? What food would you rather NEVER eat again? What kind of music is the hardest for you to hear?

**Key Verse:** *Death and life are in the power of the tongue, and those who love it will eat its fruit.* Proverbs 18:21

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.* James 1:19-20

The messages of the Bible and life experience are consistent—if you want a happy life, you are going to have to listen more than talk and learn to control your words. You and your big mouth can wade into a lot of trouble. We all know what it's like to be hurt by someone who just couldn't listen long enough to understand us. Maybe in their drive to be right, they damaged a relationship that could have been saved and nurtured with just a little patience. Unfortunately, we've all been on the other side of that fiasco as well. Jumping in, going on the verbal offensive, may have won the argument, but we lost relationally. What if we didn't settle for being right, but tried to make things right instead? The longer we listen, the more we learn, and the better chance we have of protecting ourselves from our own big mouths.

Too often, we only listen long enough to figure out where the other person is going; then we start building our reply. We will even interrupt to make our point. What if we listened all the way through, considered how that person feels and what they really need? A good part of listening is assessing what the other person says. Think about it; consider the words, the meaning, and the feelings that accompany these words. This is the kind of hearing that is truly listening. It builds relationship.

Jesus didn't come to be right but to help us be right with God. He spoke life with His words. He truly DID know it all, but He focused on reconciling and building relationship rather than asserting Himself.

## THINK IT OVER >>>

What impacted you most from the message?

"We all want to be heard and understood." Since that is true, why do you think it is so hard for us to listen?

"Ego is what keeps us from listening to each other." Discuss.

"Ego shows up in defensiveness or assumption." Are there other ways you observe in ego conversations devoid of true listening?

"The more you listen, the more you learn. Listen, then ask questions. Listen with your ears and your eyes. People communicate with their body language and expressions." Discuss.

"In any conversation there is a big difference between what we said and what we thought we said, what we heard and what we thought we heard." How have you experienced this?

## LOOK IT OVER <<<

**LISTEN MORE—TALK LESS.** What relationship do you have currently that could benefit from that practice?

"Everything that everyone does, says, and believes makes sense to them." How does knowing that change your listening and responding?

"Don't listen to respond but to understand. You are less likely to become angry if you understand." Agree or disagree? Explain your answer.

"Your anger is under your control. You always have a choice." Discuss.

"I will be quick to listen because I want to be part of what God is doing in your life." What does that say about NOT listening?

"Would you rather be called a warrior or a patient man?" Tough question. Why?

# NEXT STEPS

This week consider taking some next steps together as a group:

- 1) Avoid declarations.
- 2) Listen to understand rather than reply.
- 3) Remind yourself that everything another person does, says, and believes makes sense to them.

## EVALUATION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Seek to understand before being understood.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: 1 Peter 3:10

Tuesday: Proverbs 25:28; Proverbs 16:32

Wednesday: Proverbs 21:23

Thursday: Proverbs 18:2

Friday: Psalm 141:3

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***

*(Don't forget to bring this paper to your next small group meeting)*