

Love Is...

LISTENING ATTENTIVELY: When I Already Have a Lot on My Mind

James 1:19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry

God saw the darkness, pain, and brokenness and Jesus entered into our world

Philippians 2:7 rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

Matthew 8:17 This was to fulfill what was spoken through the prophet Isaiah: "He took up our infirmities and bore our diseases."

Jesus shares the pain of our lives; May we listen to His comfort

2 Corinthians 1:3-5 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.

We can enter someone else's world by truly listening Listening to enter someone's world:

- **Seeks to Understand**
Asking questions
Repeating back, "What I hear you saying is..."
- **Feels what they are feeling**
Romans 12:15 Rejoice with those who rejoice; mourn with those who mourn.
"I can see how you would feel..."
"That sounds really ..."

We can enter someone else's world, but we are not the savior

Experiencing Comfort From God

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction..." (2 Corinthians 1:3-4)

1. Identify something that hurts—(perhaps that you are having a hard time forgiving someone for, disappointment, betrayal.)
2. Express your hurt to God in prayer—tell Him about your pain:

"Dear God, I think I feel sad about _____"

"It really hurt when... _____"

"I felt disappointed that... _____"
3. Ask Jesus these questions and wait for His responses:
 - "Lord, do you understand my pain? Do you understand how I was hurt by _____?"
(Loneliness, abandonment, abuse, neglect, unfair criticism, rejection, ridicule, etc.)
 - Lord, when did you experience something like this?
 - Lord Jesus, what do you feel for me about this?
4. Thank Jesus for His compassion and comfort.

*Dear Lord, thank you for caring so much about me that you feel compassion for my pain.
Thank you for understanding and caring.*