

**November 12, 2017**  
**Conversations: Listen More, Talk Less**  
**Part 1: Understanding Your Spouse**  
Ted Cunningham

1. On a scale of 1-10, how would you rate yourself as a listener?
2. Who is one of the best listeners you know?
3. What can we do to be a better listener?
4. Ted said listening was the key to what four things? (**wisdom, learning, resolving anger, living out your faith**)
5. A lady in our church used to get some kind of snack for her daughters when they came home from school and say, “Girls, come share your life with me.” They loved it and their friends were amazed. In what way have you fostered a relationship with your children by listening to them?
6. How have you learned and gained wisdom and grown in your faith by listening to others?
7. Paul says in Colossians 4:5-6, “Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”
  - Outsiders are not church people and often think very differently than Christians. Have you known an instance when someone treated an outsider with grace or when they didn’t?
  - What was the result?
  - What does it mean to “season” our conversation with “salt”?
8. Ted referenced the country song “When You Say Nothing at All.” Do the following lines resonate with you? If so, how?  
*The smile on your face lets me know that you need me*  
*There’s a truth in your eyes saying you’ll never leave me*  
*A touch of your hand says you’ll catch me if ever I fall*  
*Now you say it best when you say nothing at all.*
9. James 1:19 tells us to be slow to become angry and two other things that can defuse hostile situations. What are they? (**Be quick to listen and slow to speak.**)
10. What are the three “Bees” to use in our conversations to help our relationships? (**Bee quiet, Bee understanding, Bee kind**)
11. Proverbs 26:24 says, “Kind words are like honey, sweet to the soul and healthy to the body.”
  - In what way are kind words healthy to both body and soul?
  - What words have been like “honey” to you?