



## Helpful Guidelines

1. While it is important to listen to each other, we are here to listen first and foremost to God.
2. Our framework is United Methodist.
3. Seek first to understand before you seek to be understood.
4. Please show respect for each other even if you are in disagreement.
5. Name-calling is inappropriate. Please use terms that are respectful.
6. Keep an eye on your own emotions.  
*For example, if you feel yourself overwhelmed by a negative feeling, you should take a break.*
7. Focus on ACTIVE listening.
8. It is more important to be kind than to be right. If you are here to “win” a debate, then you have already lost.

A REMINDER: This session of Holy Listening is not meant to start a movement or make everyone think alike. It is meant to start conversation. Methodists have a long history as Christ-followers. As such, we have an obligation to examine our hearts, discern our own motivations, and to listen carefully for God to point out areas in our lives where we need God’s grace and transforming power.

## Helpful Guidelines

1. While it is important to listen to each other, we are here to listen first and foremost to God.
2. Our framework is United Methodist.
3. Seek first to understand before you seek to be understood.
4. Please show respect for each other even if you are in disagreement.
5. Name-calling is inappropriate. Please use terms that are respectful.
6. Keep an eye on your own emotions.  
*For example, if you feel yourself overwhelmed by a negative feeling, you should take a break.*
7. Focus on ACTIVE listening.
8. It is more important to be kind than to be right. If you are here to “win” a debate, then you have already lost.

A REMINDER: This session of Holy Listening is not meant to start a movement or make everyone think alike. It is meant to start conversation. Methodists have a long history as Christ-followers. As such, we have an obligation to examine our hearts, discern our own motivations, and to listen carefully for God to point out areas in our lives where we need God’s grace and transforming power.

## Helpful Guidelines

9. If you are quoting Scripture, please cite your passage and your version of Scripture. Also, before you read, please wait for others to look up the passage in their own Bible to read along with you.
10. Personal stories are welcomed. If you are sharing someone else's story, **PLEASE BE SURE TO HAVE PERMISSION**. Otherwise, change all identifying characteristics.
11. Confidentiality applies here with three exceptions:
  - A. *Has someone been hurt?*
  - B. *Have you or are you hurting yourself?*
  - C. *Will someone be hurt unless we act?*
12. Please be patient with each other. This topic is confusing for some and painful for others. We may need extra grace for when words won't come or when the wrong words spill out.

A REMINDER: This session of Holy Listening is not meant to start a movement or make everyone think alike. It is meant to start conversation. Methodists have a long history as Christ-followers. As such, we have an obligation to examine our hearts, discern our own motivations, and to listen carefully for God to point out areas in our lives where we need God's grace and transforming power.

## Helpful Guidelines

9. If you are quoting Scripture, please cite your passage and your version of Scripture. Also, before you read, please wait for others to look up the passage in their own Bible to read along with you.
10. Personal stories are welcomed. If you are sharing someone else's story, **PLEASE BE SURE TO HAVE PERMISSION**. Otherwise, change all identifying characteristics.
11. Confidentiality applies here with three exceptions:
  - A. *Has someone been hurt?*
  - B. *Have you or are you hurting yourself?*
  - C. *Will someone be hurt unless we act?*
12. Please be patient with each other. This topic is confusing for some and painful for others. We may need extra grace for when words won't come or when the wrong words spill out.

A REMINDER: This session of Holy Listening is not meant to start a movement or make everyone think alike. It is meant to start conversation. Methodists have a long history as Christ-followers. As such, we have an obligation to examine our hearts, discern our own motivations, and to listen carefully for God to point out areas in our lives where we need God's grace and transforming power.