

# B. L. E.S.S

This week, we learned about listening. Listening is a learned skill. We talked about how Jesus is a great listener, and He modeled listening in our story. In Luke 18:35-43, Jesus began a conversation with a man who is blind by asking a question, "What do you want?" Then, He listened to the man's response.

We practiced listening to a partner, and then the kids were challenged to listen to their friends this week. Possible question prompts include:

- What do you like to do?
- Where are your favorite places to go?
- What did you do after school yesterday?
- How are you doing today?

You can also practice listening at home. Pick a time when you are together as a family: snack time, dinnertime, bedtime. Give each person, including the adults, a turn to talk about their day. When someone is talking, the others should look at the speaker and listen quietly and carefully to what they say so they could repeat it back if necessary. Some family time prompts may include:

- What was your favorite thing about today?
- What was your least favorite thing about today?
- What did you learn about your friend today?

It is also good to practice silence when praying, so that we can listen for God's guidance. When praying with your child(ren), prep them by telling them that you will take some time to sit silently when we talk to God, so that we can listen for His guidance. Start with just a few seconds of silence and then increase that time as you continue developing this spiritual practice.

"Listen with Care" and B.L.E.S.S. are from the book, *BLESS: 5 Everyday Ways to Love Your Neighbor and Change the World*, by Dave Ferguson. Published by Salem Books, 2021.