



Session 2:

Love is Why We Listen

L — Listen

My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger.

-James 1:19 (CSB)

You can't bless someone you don't truly hear.

Key Scripture: James 1:19; John 4:1-26; 32-36

Overview

The second practice in the B.L.E.S.S. model is deceptively simple: stop talking and actually listen. In a noisy, distracted culture, giving someone our full, unhurried attention is a radical act. Jesus is the supreme example — He consistently paused, asked questions, and attended fully to the person in front of Him. This session challenges group members to become people who listen well to the struggles, stories, and needs of those they're seeking to bless.

Ice Breaker

Describe the best listener you've ever known — someone who really made you feel heard. What did they do that made them stand out?

PRAYER PROMPT

OPENING: Ask God to quiet the noise inside each person in the room — the to-do lists, the half-formed responses, the distractions — and to make your group people who love others by truly hearing them.

Scripture Review

Read the key passage together, then work through these questions:

1. James 1:19 gives a memorable sequence: quick to hear, slow to speak, slow to anger. Why do you think James links slow speaking to slow anger? What does that tell us about what listening actually requires?
2. In John 4:5-26, Jesus speaks with the Samaritan woman. What does this story say about the value Jesus places on attentive presence over activity?



Go Deeper

1. What are your biggest personal obstacles to truly listening? Your phone, forming your response, discomfort with silence, wanting to fix things? Which one is hardest for you to overcome?
2. Jesus frequently asked questions before offering answers or solutions — think of the woman at the well (John 4), Zacchaeus (Luke 10), the blind man (Luke 18). What does that pattern teach us about how to love people well?
3. Think about someone on your B.L.E.S.S. list. What do you actually know about what they're going through right now — their stress, their hopes, their struggles? What would you need to ask or pay closer attention to?

Notes / Group Reflections



THIS WEEK'S B.L.E.S.S. CHALLENGE

Choose one person from your B.L.E.S.S. list and create a moment to listen to them this week. Put your phone away, ask a genuine question: "How are things really going?" Resist the urge to fix, advise, or redirect. Just listen.

Who will I B.L.E.S.S. this week? _____



PRAYER PROMPT:

CLOSING: Ask God to give each person in your group the gift of genuine curiosity and care for the people around them. Pray specifically for patience to listen more than you speak in the week ahead.