



**Session 1:  
LISTENING, RESPONDING AND PRACTICING THE PRESENCE  
PARTICIPANT'S GUIDE**

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**Video Teaching:**

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly. ... And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

Colossians 3:12-16-17

Using the passage from Colossians as our guiding passage, let's begin with these two ground rules:

1. **To Listen**
  
2. **To Respond**

Eric Law's "Respectful Communication Guidelines"

**R** – take **Responsibility** for what you say and feel without blaming others

**E** – use **Empathetic** listening

**S** – be **Sensitive** to differences in communication/cultural styles

**P** – **Ponder** what you hear and feel before you speak

**E** – **Examine** your own assumptions and perceptions

**C** – keep **Confidentiality**

**T** – **Tolerate** ambiguity because we are not here to debate. There are no "winners" or "losers."

What guidelines are important for you and for your group or community in guiding conversations?



**Closing Prayer:**

**Let me not, when this morning prayer is said,  
think my worship ended and spend the day in forgetfulness of Thee.  
Rather from these moments of quietness let light go forth, and joy, and power,  
that will remain with me through all the hours of the day;**

**Keeping me chaste in thought:**

**Keeping me temperate and truthful in speech:**

**Keeping me humble in my estimation of myself:**

**Keeping me honorable and generous in my dealings with others:**

**Keeping me mindful of my eternal destiny as a child of Thine:**

**Be my Guide through all that is dark and doubtful...Gladden my heart with Thy peace; through Jesus  
Christ my Lord. Amen.**

*(from John Ballie A Diary of Private Prayer, p. 9)*