



The Lay Pastor Society
LISTEN

When I ask you to listen to me,
And you start giving advice,
You have not done what I asked.

When I ask you to listen to me,
And you begin to tell me why I shouldn't feel that way
You are trampling on my feelings.

When I ask you to listen to me,
And you feel you have to do something to solve my problem,
You have failed me, as strange as that may seem.

Listen! All I asked was that you listen.
Not talk or do, Just hear me.

Advice is cheap; seventy-five cents will get you both Dear Abby and Billy Graham
in the same paper.
And I can do that myself. I'm not helpless.
I may be discouraged and faltering, but I am not helpless.

When you do something for me that I can and need to do for myself,
You contribute to my fear and weakness.

But, when you accept, as a simple fact, that I do feel what I feel, no matter how
irrational,
Then I can quit trying to convince you and get about the business of
understanding what's behind this irrational feeling.
And when that's clear, the answers are obvious and I don't need advice.



Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works, because God is mute.

God doesn't give advice or try to fix things.

God just listens and lets you work it out for yourself.

So please listen and just hear me.

If you want to talk, wait a minute for your turn, Then I'll listen to you.

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This is an excerpt from the Hospice of Sharp Health Care - Training Manual