

THE 7 HABITS OF KINGDOM LEADERS

HABIT 5

SEEK FIRST *to* UNDERSTAND



**LISTEN
DEEPLY**



**EMPATHIZE
GENUINELY**



**LEAD
WISELY**

“

IF I WERE TO SUMMARIZE IN ONE SENTENCE
THE SINGLE MOST IMPORTANT PRINCIPLE I HAVE
LEARNED IN THE FIELD OF INTERPERSONAL
RELATIONS, IT WOULD BE THIS:

**SEEK FIRST TO UNDERSTAND,
THEN TO BE UNDERSTOOD.** ”

– DR. STEPHEN R. COVEY



UCML
SCHOOL OF THE BIBLE



EQUIPPED
TO **IMPACT**

CLASS 5 OF 7 | HABIT 5



“

Habit is the intersection of
knowledge (what to do),
skill (how to do),
and **desire** (want to do).

— *Stephen Covey* —



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HABIT 5

SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD

The Habit of Empathic Cooperation



DIAGNOSE BEFORE YOU PRESCRIBE

"Most people do not listen with the intent to understand; they listen with the intent to reply. They're either speaking or preparing to speak."



"EMPATHIC LISTENING" IS NEEDED TO:

Fully, deeply understand the other person emotionally, intellectually and get deep understanding of the problem first.



NEEDING VERY GOOD COMMUNICATION, COGNITION, EMPATHY AND RELATIONSHIP SKILLS

MEASURING WHAT REALLY MATTERS

These skills/abilities determine our health & life chances



“

MOST PEOPLE DO NOT LISTEN WITH THE INTENT TO UNDERSTAND; THEY LISTEN WITH THE INTENT TO REPLY. THEY'RE EITHER **SPEAKING** OR **PREPARING TO SPEAK**. ”



LISTEN DEEPLY



EMPATHIZE GENUINELY



LEAD WISELY

7 HABITS OF KINGDOM LEADERS

“ The psychological equivalent of air is to feel understood. ”

— STEPHEN COVEY

The 7 Habits of Highly Effective People®



UCML - SOTB
— SCHOOL OF THE BIBLE —

HABIT 5: SEEK FIRST TO UNDERSTAND, THEN BE UNDERSTOOD.

THE 7 HABITS OF
KINGDOM LEADERS

HABIT 5

SEEK FIRST
to UNDERSTAND

“Most people do not
listen with the intent
to **understand**;
—
they listen with the
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— STEPHEN COVEY



PASTOR EDDIE CRABTREE

“THE FLOW OF FAVOR”

VWC

VALLEY WORD CHURCH

VWCONLINE.ORG

LISTENING *Continuum*

MOVING FROM SELF-FOCUS TO UNDERSTANDING OTHERS

WITHIN THE OTHER'S
FRAME OF REFERENCE

WITHIN ONE'S OWN
FRAME OF REFERENCE



“ The quality of our lives and our relationships depends on the quality of **our listening**. ”



* From **8th Habit** by Stephen R. Covey



HABIT 5: SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD



I LISTEN TO OTHER PEOPLE'S IDEAS AND FEELINGS.

I value what others have to say.



I TRY TO SEE THINGS FROM THEIR VIEWPOINTS.

I choose empathy over assumptions.



I LISTEN TO OTHERS WITHOUT INTERRUPTING.

I give others my full attention and respect.



I AM CONFIDENT IN VOICING MY IDEAS.

I share my thoughts with clarity and humility.



I LOOK PEOPLE IN THE EYES WHEN TALKING.

I build trust through presence and connection.



BETTER LEADERS. **STRONGER** RELATIONSHIPS. **GREATER** KINGDOM IMPACT.

Let this mind be in you which was also in Christ Jesus:
Philippians 2:5

The 7 HABITS OF KINGDOM LEADERS

HABIT 5

SEEK FIRST TO UNDERSTAND, *Then to Be Understood*



Empathic Listening **changes** the quality of our relationships and the **results** we experience.

ROOT

Start with the **Right Heart**

ROUTE

Choose the **Better Path**

FRUIT

Experience the **Results**

Habit 4:
Think Win-Win

Habit 5:
**Seek First to Understand,
Then to Be Understood**

Habit 6:
Synergize



BETTER
UNDERSTANDING



BETTER
CONNECTIONS



BETTER
OUTCOMES

The 7 HABITS OF KINGDOM LEADERS

“

Habit 5: Seek First to Understand, Then to Be Understood

This habit is about **listening to others**
before trying to be understood.
Highly effective people believe that
the best way to **communicate** is to first
understand the other person's
perspective.



LISTEN DEEPLY



UNDERSTAND
GENUINELY



BUILD STRONGER
RELATIONSHIPS



The 7 HABITS OF KINGDOM LEADERS



SMART GOAL-SETTING

WORKSHOP

Kingdom Leaders lead with purpose, plan with wisdom, and pursue with faith.

“Commit to the Lord whatever you do, and He will establish your plans.”

— PROVERBS 16:3



SPECIFIC

Define your goal clearly and specifically. What exactly do you want to accomplish?



MEASURABLE

Make your goal measurable so you can track your progress and stay motivated.



ACHIEVABLE

Set a goal that is realistic and attainable with the resources God has given you.



RELEVANT

Ensure your goal aligns with your values, calling, and long-term Kingdom purpose.



TIME-BASED

Set a deadline to create urgency, focus, and hold yourself accountable.



WRITE IT DOWN



PRAY OVER IT



PLAN YOUR STEPS



PURSUE WITH FAITH