

Step 10: Listen Up

(Learning to listen to your life)
(SERIES: 12 Steps Up; 10 of 12)
by Dr. David Foster

"But, dearly loved friends, **if our consciences are clear**, we can come to the Lord with **perfect assurance and trust**," (1 John 3:21-22)

How would you answer this?

I'm driven by the need to **fix others**.

I ignore my internal **sensors**.

I avoid disciplines aimed at **longterm gains**.

I assume I can go on this way **indefinitely**.

Learning to listen . . .

"Everyone should be quick to **listen**, slow to speak and slow to become angry, . . ." (Jam 1:19-27)

To my motives.

"My father David had it in his heart to build a temple for the Name of the LORD, the God of Israel. But the LORD said to my father David, 'Because it was in your heart to build a temple for my Name, you did well to have this in your heart. Nevertheless, you are not the one to build the temple, but your son, who is your own flesh and blood—he is the one who will build the temple for my Name.'" (2 Chro 6:7-9 NIV)

To my emotions.

". . . anger does not bring about the righteous life that God desires." (Jam 1:20)

*Bitterness is a cover for **resentment**.*

*Resentment is a cover for **anger**.*

*Anger is a cover for **hurt**.*

*Hurt is a cover for **fear**.*

To my relationships.

"My brothers, as believers in our glorious Lord Jesus Christ, don't show favoritism. Suppose a man comes into your meeting wearing a gold ring and fine clothes, and a poor man in shabby clothes also comes in. If you show special attention to the man wearing fine clothes and say, 'Here's a good seat for you,' but say to the poor man, 'You stand there' or 'Sit on the floor by my feet,' have you not discriminated among yourselves and become judges with evil thoughts? Listen, my dear brothers: **HAS NOT GOD CHOSEN THOSE WHO ARE POOR IN THE EYES OF THE WORLD TO BE RICH IN FAITH** and to inherit the kingdom he promised those who love him?" (James 2:1-6)

To my spirit.

"The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned." (1 Cor 2:14)

"Brothers, I could not address you as spiritual but as worldly--mere infants in Christ. I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men?" (1 Cor 3:1-3)