



continuing the journey of transforming grace:

transforming practice

June 30, 2024

Step Four: **Listen to Learn**

In this fourth segment of skill and practice in the work of addressing polarization, we explore the importance of listening to learn, rather than to win. When interacting with someone with whom we experience division, Canadian-educator, [Irshad Manji](#) suggests that an essential skill is listening with the intention to learn, rather than engaging to win. Together, we reflect and practice.

Opening Song:
Peace Like A River | Beautiful Chorus

Opening Prayer
Thea Bowman | **"Healing Ministry" speech**
St. Stephen's Catholic Church, 1989

If we are to serve, if we are to care,
if we are to minister,
we have to get right inside.
And so, let us pray:
Spirit, touch me.
Touch me with your grace,
Touch me with your wisdom.
Touch me with your love so that I can help somebody,
so that I can serve somebody,
so that I can bless somebody.
Be the bridge over troubled waters,
so that I can be the balm in Gilead,
be the hands of Jesus stretched out to heal."

Scripture

2 Corinthians 8: 13-14

"For you know the gracious act of our Lord Jesus Christ, that though he was rich, for your sake he became poor, so that by his poverty you might become rich. Not that others should have relief while you are burdened, but that as a matter of equality your abundance at the present time should supply their needs, so that their abundance may also supply your needs, that there may be equality."

Tools for Listening and Learning **3 Ways to End Conflict Based Relationships** | Esther Perel

The communication error we all make, and how it intensifies conflict

Listening to Learn | Cultivating Leadership

For Reflection and Dialogue

Spend a few silent moments, imagining a situation of discomfort, division, or polarization. Visualize sitting with another person, practicing the three steps leading to 'Listen to Learn':

- Take a Breath
- Create Common Ground
- Ask a Sincere Question

What is your felt sense (body, mind, spirit) when you are in a disposition to listen to learn instead of listening to win? What might it feel like to be listened to in this way?

Now, find a 2-3 minute recording of the recent Presidential debate and focus on the candidate you find it difficult to support. What sincere question might you like to ask? What sincere question would you like to be asked?

Closing Thought

"Since in order to speak, one must first listen, learn to speak by listening" – Rumi

Closing Prayer/Song

Swimming to the Other Side | Emma's Revolution

