




VIDEO 10

— LISTENING A PERSON INTO LIFE:
THE ART OF BEING PRESENT



The primary work of
accompaniment is
listening with the ears
of the heart.

SUMMARY

In the 10th video, “Listening a Person into Life: The Art of Being Present,” participants explore the power of listening and presence in the work of accompanying another person into life. Listening is a set of skills that demonstrate we understand the thoughts and feelings, from the other person’s point of view. By sharing in a person’s story and receiving the other, one can find the strength and support to move through the journey of the heart that God has planned for them.

OPENING PRAYER

Most Holy Trinity, we praise and thank you for loving each one of us into life. We ask for the grace to receive anew the gift of our own lives, that we may live deeply out of our true identity as your beloved sons and daughters. We pray that each person may know themselves as chosen and loved, willed into being from the very beginning of time and held in existence at every moment by your love. Father, we ask you to fill us with your light and renew us with your peace. Holy Spirit, we ask for the courage to speak your Word of life; may our actions, words, and thoughts serve to uphold and protect the dignity and worth of every person, and may our lives give radiant witness to the truth of your love. We ask this through Jesus Christ, our Lord.

Amen.

INTRODUCTION

Participants are invited to share an experience that is meaningful to them. Sharing an experience of importance is deeply humanizing and encourages the formation of trust between participants. These connections are essential for maintaining community.

Time: 10 minutes

Materials: *INTO LIFE: Love Changes Everything* Participant Guide

Instructions: Invite participants to share their response to the "Introductory Question".

Reminders: Remind participants of time boundaries (if any) and confidentiality.

INTRODUCTORY QUESTION

Have you ever met someone who was totally present to you in a conversation? How did that make you feel?

Read the question twice and allow a few moments for quiet reflection.

VIDEO #10

LISTENING A PERSON INTO LIFE: THE ART OF BEING PRESENT



Time: 10 minutes

Materials:

Video 10: "Listening a Person into Life: The Art of Being Present"

Instructions:

Introduce video segment.

Sample Introduction:

In this video we will begin to unpack the skill of listening to others. Truly and deeply listening to another person requires the listener to hear what the other person is saying from her perspective. When a person feels as though she or he is heard, really heard and understood, then she can find strength and support as we accompany another in her journey.

INDIVIDUAL REFLECTION

Time: 15-30 minutes

Space: Church, if possible, or a quiet place for reflection.

Materials: *INTO LIFE: Love Changes Everything* Participant Guide

Instructions: Transition to period of personal reflection.

Reminders:

Remind participants that this time is for their personal reflection and that they are not required to answer every question or reflect on every Scripture passage, but should follow the promptings of God.

Suggested Scripture passages and questions are offered as aides to prayer.

Space for note-taking and journaling is provided in the *INTO LIFE: Love Changes Everything* Participant Guide.

SCRIPTURE FOR REFLECTION

ROMANS 12:15

“Rejoice with those who rejoice, weep with those who weep.”

GALATIANS 5:22-23

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.”

ROMANS 15:5

“May the God of steadfastness and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus.”

JOHN 15:13

“Greater love has no man than this, that a man lay down his life for his friends.”

REFLECTION QUESTIONS

1. Was there a word, phrase, or idea that resonated with me? That was new to me?
2. Sister Amata Filia, SV says that “how we speak and listen to others is essential to the health of a relationship.” In order to develop a fruitful and meaningful relationship, we must uncover the heart of the other, we must know and understand the other. Is there a moment in my life when I have felt truly heard and understood by another? How did I know the other person really heard me? How did this make me feel?
3. Sister Amata Filia explains that “the primary work of accompaniment is listening with the ears of the heart.” What does this mean to me? When another person speaks to me, how often am I doing something else at the same time? Are there times that I stop everything I’m doing and just listen? What compels me to give my undivided attention to another?
4. Prior to this video, would I have said I am a good listener? After learning more about the skill of listening, where can I identify room for improvement in my capacity to listen?
5. Pope Francis, in *Evangelii Gaudium* (The Joy of the Gospel), explains that accompaniment “teaches us to remove our sandals before the sacred ground of the other ... [and] to make present the fragrance of Christ’s closeness and his personal gaze” (§169). In the presence of Jesus, take a moment to bring to mind those with whom you work or serve. Ask Jesus to help you see the sacredness of those you encounter.
6. Sister Gianna Maria, SV says, “Demonstrating our understanding also earns us ... the right to offer advice, to speak into her situation, because she trusts us. We trust those most who we know understand us.” Think of those times when someone has offered me advice or when I offered someone else advice, and it was not received well. What was it about those moments that prevented advice from being received well? What helps me to receive advice well? Why is that?
7. Is there a fruit from my prayer that I would like to share with others?

Listening

A set of skills that demonstrate we understand the thoughts and feelings from the other person’s point of view.

“

[Accompaniment] teaches us to remove our sandals before the sacred ground of the other ... [and] to make present the fragrance of Christ's closeness and his personal gaze.

—POPE FRANCIS

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DISCUSSION

After a period of personal reflection and prayer, participants re-gather as a large group for sharing and discussion.

Time: 15-30 minutes

Materials: *INTO LIFE: Love Changes Everything* Participant Guide

Instructions: Facilitator transitions to group discussion. Offer conversation guidelines, if using them.

Reminders:

Remind the group to maintain confidentiality. All comments and stories should stay within the group.

Remind participants that they are encouraged, but not required, to share.

DISCUSSION QUESTIONS

1. Is there a fruit from your prayer that you would like to share with others?
2. Sister Gianna Maria speaks about the fears of those who work with pregnant women—fears about saying the wrong thing or not knowing what to say. She also says that rather than being worried about what you say, your goodness and sincerity will shine through. How does a posture of receiving the heart of another and accompanying her (as opposed to fixing a project) allow you to let go of potential fears you may have?
3. Cheryl Richardson, a life coach, said “people start to heal the moment they feel heard.” How do you try to demonstrate that you understand someone you’re listening to in order to truly make that person feel known and heard? Are there any new listening techniques you’re curious to try?
4. How is listening different from being able to repeat back word for word what another person has said?
5. Why is it important to speak from a “you” perspective? How does this shift the conversation away from ourselves?
6. Sister Amata Filia talks about the importance of understanding a situation from the other person’s perspective. How can we ensure that we understand what the other person has said from their perspective rather than our own?

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To accompany someone means to journey with them, to provide companionship and support along the way, to spend time with the other.

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CLOSING

At the end of the group discussion, the facilitator should thank the participants for sharing and their involvement in the discussion. The facilitator may also ask if there are any closing questions, comments, or points of clarification before proceeding to the closing prayer.

What's coming up next?

Video 11: "Listening a Person into Life: How to Listen Well"

During the next video, "Listening a Person into Life: How to Listen Well," participants will explore the process of active listening, the five levels of listening, and common barriers to listening. Participants will also have the opportunity to reflect on our own listening habits and skills and identify ways we'd like to grow in our capacity to listen well.

CLOSING PRAYER

*Jesus, we praise and thank you for your goodness and mercy.
We ask for an outpouring of your Spirit upon the whole world.
We pray that every person may powerfully encounter your love today,
and that all will come to know that life is a gift to be cherished and
protected. We pray for the grace to be truly present to those whom we
encounter, that through us, they may experience your loving presence.*

*We ask this in your name as we pray: Glory be to the Father, to the Son,
and to the Holy Spirit, as it was in the beginning, is now, and will be forever.*

Amen. Our Lady of Guadalupe, Mother of Life, pray for us.

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