



Hearing Well in Heated Moments **LEARNING TO LISTEN BEYOND EMOTION**

“Hearing Well in Heated Moments” is where transformation begins—because what we hear determines how we respond.”

We are challenged to learn to listen beyond emotion.

1. Slow Down to Truly Hear

James 1:19

“Let every man be swift to hear, slow to speak, slow to wrath...”

Hearing is placed before speaking and anger. Many conflicts escalate because we reverse the order. You cannot regulate what you have not accurately heard.

Proverbs 18:13

“He that answereth a matter before he heareth it, it is folly and shame unto him.”

Premature responses are often misinformed responses.

2. Listen Beneath the Words

Proverbs 20:5

“Counsel in the heart of man is like deep water; but a man of understanding will draw it out.”

Young people (and even adults) rarely say exactly what they mean. There are often:

- Hurt beneath anger
- Fear beneath defiance
- Need beneath attitude

Regulated parents don't just hear words—they discern hearts.

3. Guard Your Emotional Filters

Proverbs 4:23

“Keep thy heart with all diligence; for out of it are the issues of life.”



In heated moments, we don't just hear what is said, we hear through:

- *Past wounds*
- *Fatigue*
- *Fear*
- *Frustration*

If your heart is overwhelmed, your hearing will be distorted.

Psalm 141:3

"Set a watch, O Lord, before my mouth..."

Before guarding your mouth, you must guard your internal response.

4. Respond Gently, Not Reactively

Proverbs 15:1

"A soft answer turneth away wrath..."

Tone determines trajectory.

Ecclesiastes 7:9

"Be not hasty in thy spirit to be angry..."

Haste blocks hearing. Stillness creates space for understanding.

5. Model the Listening Nature of God

Psalm 34:15

"The eyes of the Lord are upon the righteous, and his ears are open unto their cry."

God listens before He moves!!!

Isaiah 30:18

"...the Lord will wait, that he may be gracious..."

Even God does not rush response—He listens with intention.

6. The Power of a Sound Mind in Conflict

2 Timothy 1:7

"God hath not given us the spirit of fear... but of a sound mind."



A sound mind:

- Pauses
- Processes
- Perceives
- Then responds

In Heated Moments, Ask:

1. What am I actually hearing?
2. What might be underneath what is being said?
3. What is happening in me right now?
4. Can I slow this moment down?

Practical Parenting Language

Instead of reacting, model regulated listening:

- “Help me understand what you’re feeling.”
- “I hear you, but I want to make sure I understand.”
- “Let’s slow this down for a moment.”
- “I’m listening—say that again.”

Anchor Statement

“When we don’t hear well, we correct what was said. When we hear well, we shepherd what was felt.”

James 1:19 + Proverbs 20:5

- Be swift to hear
- Draw out what is hidden

This message will shift atmospheres in homes—because when hearing improves, connection follows.

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