



I pray that your love will overflow more and more, and that you will keep growing in knowledge and understanding.

Philippians 1:9

Are you a good listener? Did you know that we usually only recall about 50% of what someone says to us? And if we didn't find the topic interesting even less than that. Studies show that about one hour later, we will only remember about 20% of what we heard. Learning to listen is crucial in any relationship, but especially important in a marriage. These days we must make a conscious effort to eliminate distractions like the phone, television, and other interruptions to really listen to our spouse and family. We need to practice actively listening without jumping-in with opinions, judgements, or

comments that will hinder our spouse from freely sharing with us. Can we really say what is currently something that our spouse is worried about? Dreaming about? Just like we should strive each day to get closer to our Father and grow in His knowledge and understanding for our lives, we need to make time to really listen to our spouse. We need to grow in knowledge and understanding of our spouse more each day. Be attentive to if your spouse just needs you to just listen, if they want solutions, or if they just need you to pray together over a situation. The art of listening well is something that requires practice and time. However, the results for our determination will be a stronger, healthier, and happier marriage.

Love Challenge: This week show your spouse how much your love overflows that you will set aside all distractions and listen for the desires of his/her heart. Try to listen with your heart just like God listens to our hearts.