

THE NAME OF THE LORD LX

ELOHIM SHAMA – THE GOD WHO LISTENS

¹⁰ Who [is] among you that feareth the LORD, that obeyeth the voice of his servant, that walketh [in] darkness, and hath no light? let him trust in the name of the LORD, and stay upon his God. ¹¹ Behold, all ye that kindle a fire, that compass [yourselves] about with sparks: walk in the light of your fire, and in the sparks [that] ye have kindled. This shall ye have of mine hand; ye shall lie down in sorrow.

Isaiah 50:10,11 KJV

⁷ Some trust in chariots and some in horses, but we trust in the name of the LORD our God.

Psalms 20:7 NIV

²⁴ God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob.

Exodus 2:24 NIV

- I. We tend to fixate on the majestic attributes of God.
 - A. God as Almighty Creator, sovereign, sustainer of all things, righteous judge of the living and the dead, etc..
 - B. “Yet if he is only these things, we can tend to feel distant from Him and insignificant to Him.” (Christopher D Hudson)
- II. God as Listener
 - * He cares personally and deeply for each of his children.

A. Psalm 116:1,2

¹ I love the LORD, for he heard my voice; he heard my cry for mercy. ² Because he turned his ear to me, I will call on him as long as I live.

B. Exodus 3:7

⁷ The LORD said, “I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.”

C. Proverbs 15:29

²⁹ The LORD is far from the wicked, but he hears the prayer of the righteous.

D. Psalm 34:17

¹⁷ The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

E. Psalm 145:19

¹⁹ He fulfills the desires of those who fear him; he hears their cry and saves them.

F. Isaiah 65:24

²⁴ Before they call I will answer; while they are still speaking I will hear.

G. I Peter 3:12

¹² “For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil.”

H. Matthew 7:7,8

⁷ “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”

I. I John 5:14

¹⁴ *This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.*

- * God is an active listener. He is moved by the unvoiced groanings of our hearts. (Romans 8:26)

²⁶ *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*
(Romans 8:26 NIV)

III. The Gift of Listening

- A. True listening is a sacred art. It lets others speak without judging, interpreting, or adding insights.
- B. In a world full of noise, listening is our greatest legacy.
- C. While mere hearing is a passive activity involving background noise, listening to understand without judgment is an active and intentional act.
- D. You don't need to be talented, beautiful, or brilliant to become an excellent listener.
- E. The most powerful act of loving is listening and being present for another in the moment.

IV. A guide to active listening

- A. Pause before you speak.

- * “Individuals listen to 125 to 300 words per minute and think at 1000 to 3000 words per minute. That leaves plenty of room for distraction. The average attention span is eight seconds.” (Dr Ruth Schime)
- B. Don’t rush to fix, or race to respond. Just be a presence in the moment.
- C. “Neuro Scientific research has shown that when someone actively listens to us, it triggers a release of oxytocin, the same chemical associated with trust and bonding. Feeling understood reduces cortisol (the stress hormone) and activates the brain’s prefrontal cortex, improving logical thinking, problem-solving, and emotional regulation.” (Dr. Sabrina Romanoff)
- V. Listening to respond or listening to understand. / What does an active listener do?
 - A. Be fully present.
 - B. Listen with all your senses. (sight, sound, etc.)
 - C. Put away all distractions. (phone, internal dialogue, etc.)
 - D. Keep good eye contact.
 - E. Reflect what you hear.
 - F. Ask open-end questions.
 - * Can you tell me a bit more about that?
 - * What do you think of that?
 - * What do you think is the best path moving forward?
 - * How do you think you could’ve responded differently? (Arlin Cuncic)

VI. Elohim Shama – The God who Listens

- A. “Active listening requires de-centering from one’s fixed position to be fully present with another.” (Sabrina Romanoff)
- B. We are most like Jesus when we listen. Listening is love in action.