



Marriage: Learning to Listen Like Christ



Explore 7 days of deep, active listening grounded in Christ's compassion to transform your marriage and foster understanding and love.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🧠 Embracing Presence in Listening</u>	4
<u>Day 2: ❤️ Listening with Compassion</u>	10
<u>Day 3: 🛑 Slow to Anger, Quick to Hear</u>	16
<u>Day 4: 💬 Reflecting Before Responding</u>	22
<u>Day 5: 🤝 Listening to Understand Not Respond</u>	28
<u>Day 6: 🌟 Practicing Forgiving Listening</u>	34
<u>Day 7: 🌱 Growing Together in Christ-Like Listening</u>	40



Introduction

Marriage is a sacred bond built not just on love but on continual, intentional communication. In our fast-paced world, true listening has become rare—especially listening that reflects the heart of Christ. This study invites you to *develop deep, active listening habits* that mirror Jesus' compassion and attentiveness, enriching your marriage profoundly.

Jesus, throughout the Gospels, modeled listening with empathy and patience. He heard beyond words, perceiving needs and emotions, extending grace. When we learn to listen in this way, we create an environment where our spouse feels genuinely valued and understood. Such listening nurtures intimacy, resolves conflicts, and builds a partnership that reflects God's love.

Over seven days, we'll explore Scripture to uncover practical ways to embody Christ-like listening in marriage. Each day includes focused verses, reflective devotionals, and journaling prompts to help integrate these habits into daily life. By embracing this approach, you will not only strengthen your marriage but also grow spiritually as you emulate Jesus' heart.

Let's embark on this journey of learning to listen like Christ—being present, patient, and compassionate—so our marriages can thrive in grace and truth.





Day 1: 🦻 Embracing Presence in Listening



Your Verse

James 1:19 – "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry."

Supporting Scriptures

- *Proverbs 18:13 – "To answer before listening—that is folly and shame."*
- *Psalms 46:10 – "Be still, and know that I am God."*



Devotional: Be Present: The First Step to Listening

Active listening begins with presence. The Bible calls us to be “quick to listen, slow to speak.” In marriage, this means giving our full attention to our spouse without rushing to respond or react. It requires us to be still, mirroring God’s calming presence, and to value hearing more than just waiting for our turn to talk.

Often, when tensions rise, we become defensive or distracted, losing sight of the gift that listening is. But Christ’s example shows us that true listening is an act of love and respect. When we are fully present, we communicate to our spouse that their thoughts and feelings matter deeply.

Ask yourself today: Am I fully present when my spouse speaks, or am I preparing my reply? How might being still and truly listening reflect Christ’s love in my marriage?



Reflect and Apply

1. What distractions commonly prevent me from fully listening to my spouse?

2. How does being 'slow to speak' change the tone of our conversations?

3. In what ways can being still before God prepare me to listen better?



Journaling Prompts

1. Describe a recent time when you felt truly listened to. How did it affect you?

2. Write down any barriers you face in fully listening to your spouse.

3. List three practical ways to cultivate being more present during conversations.



Day 1: 🧠 Embracing Presence in Listening

Prayer for Today

Lord Jesus, teach me to be fully present when my spouse speaks. Help me slow my words and quiet my heart so I can listen with compassion and patience. May Your example guide my ears and my spirit. *Thank You* for the gift of attentive love that strengthens marriage. Amen. 🙏 🧠 ❤️





Day 2: ❤️ Listening with Compassion



Day 2: ❤️ Listening with Compassion

Your Verse

Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- *Colossians 3:12 - "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."*
- *Romans 12:15 - "Rejoice with those who rejoice; mourn with those who mourn."*



Devotional: Compassion: The Heart of Christ-Like Listening

Compassion transforms listening from a mechanical act into a heartfelt connection. Jesus listened to those suffering with tenderness and empathy. When we partner compassion with listening in marriage, we open the door to deeper understanding and healing.

Compassion means more than hearing words; it means tuning into our spouse's feelings and needs without judgment. We offer grace instead of criticism, patience instead of impatience. This posture reflects God's forgiveness and love within our relationship.

Consider how: You can listen with a tender heart today. Where might your spouse need compassion expressed through your ears and your attitude?



Reflect and Apply

1. How does compassion influence my willingness to listen to difficult topics?

2. In what ways can showing empathy change misunderstandings in my marriage?

3. Where might I need to ask God to soften my heart to listen more lovingly?



Day 2: ❤️ Listening with Compassion

Journaling Prompts

1. Recall a time you listened compassionately. What impact did it have?

2. Write about an area where you could improve in showing empathy to your spouse.

3. List practical ways to demonstrate kindness and patience while listening this week.



Day 2: ❤️ Listening with Compassion

Prayer for Today


Father God, fill me with Your compassion as I listen to my spouse. Help me to hear beyond words—to feel and respond with grace. May Your love soften my mind and heart, reflecting Jesus' kindness in every conversation. Amen. ❤️





Day 3: Slow to Anger, Quick to Hear



Day 3:  Slow to Anger, Quick to Hear


Your Verse

Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."

Supporting Scriptures

- *James 1:20 - "Human anger does not produce the righteousness that God desires."*
- *Ecclesiastes 7:9 - "Do not be quickly provoked in your spirit, for anger resides in the lap of fools."*



Day 3:  Slow to Anger, Quick to Hear

Devotional: Gentle Answers Amidst Conflict

Listening like Christ means controlling our anger. When conflict arises in marriage, the impulse to react quickly with irritation or defensiveness can shut down communication. God calls us to be slow to anger and quick to listen, creating space for peace and understanding.

Jesus demonstrated perfect calm even when challenged. A gentle and patient spirit softens tense moments and invites open dialogue. It is in these moments that active listening can transform misunderstanding into connection.

Reflect on your responses: How do you typically react when you feel misunderstood? What steps can you take to pause, listen, and respond kindly?



Day 3:  Slow to Anger, Quick to Hear

Reflect and Apply

1. What triggers cause me to become impatient or angry in conversations?

2. How does controlling my anger improve my ability to listen?

3. How might emulating Jesus' gentleness change my marital communication?



Day 3:  Slow to Anger, Quick to Hear

Journaling Prompts

1. Write about a time when patience helped resolve a disagreement.

2. Identify triggers that lead to anger during conversations with your spouse.

3. List coping strategies to remain calm and listen actively in conflict.



Day 3: 🛑 Slow to Anger, Quick to Hear

Prayer for Today

Lord, help me to be slow to anger and quick to hear. Teach me how to respond with gentleness like Jesus, turning away wrath and fostering peace. Renew my heart so I may listen with love even in challenging moments. Amen. 🙌





Day 4: Reflecting Before Responding



Your Verse

Proverbs 17:27-28 – "The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered. Even fools are thought wise if they keep silent, and discerning if they hold their tongues."

Supporting Scriptures

- *Ecclesiastes 3:7b – "A time to be silent and a time to speak."*
- *Psalms 19:14 – "May the words of my mouth and the meditation of my heart be pleasing in your sight, Lord."*



Devotional: Pause and Respond with Wisdom

Listening like Christ includes thoughtful response. It's easy to respond quickly with words that hurt or confuse. Instead, God teaches us to be discerning and calm, allowing space to understand fully before replying.

When we take time to reflect, our answers become instruments of grace rather than contention. A measured response respects the gift of listening and opens the way for clear, productive communication.

Challenge yourself: Today, practice pausing before answering. How might this bring peace and clarity to your conversations?



Reflect and Apply

1. Do I frequently interrupt or rush to respond? How does that affect my spouse?

2. How can cultivating restraint improve my marriages?

3. What biblical examples inspire me to speak carefully and thoughtfully?



Journaling Prompts

1. Write about a time when pausing improved a conversation.

2. List occasions you want to practice restraint before responding.

3. Pray for wisdom to measure your words and listen deeply.



Day 4: 💬 Reflecting Before Responding

Prayer for Today

Dear God, grant me wisdom to pause and consider before I speak. Help my words to bring life, not hurt. Teach me to respond with grace, reflecting Your understanding heart in every conversation. Amen. 🧠 🙏 🗣️





Day 5: 💞 Listening to Understand Not Respond



Day 5: 📖 Listening to Understand Not Respond

Your Verse

Philippians 2:4 - "Let each of you look not only to his own interests, but also to the interests of others."

Supporting Scriptures

- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*
- *1 Corinthians 13:5 - "[Love] is not easily angered, it keeps no record of wrongs."*



Day 5:  Listening to Understand Not Respond

Devotional: Seek to Understand, Not Just Reply

Listening like Christ is about seeking understanding, not just waiting to reply. When we listen to respond, our focus remains on ourselves—how to defend, clarify, or win the discussion. Christ’s listening directs attention to others’ hearts, valuing their perspective and feelings.

This shift — putting your spouse’s interests above your own — fosters humility and honor in marriage. It also breaks down walls and builds bridges through love that is patient and forgiving.

Today’s goal: Listen without planning your response. Seek to understand your spouse’s heart fully.



Day 5:  Listening to Understand Not Respond

Reflect and Apply

1. How often do I listen with the intention to understand, not just to answer?

2. What barriers stop me from fully valuing my spouse's perspective?

3. How might prioritizing their needs enhance our connection?



Day 5:  Listening to Understand Not Respond

Journaling Prompts

1. Identify moments when you listened to respond instead of understand.

2. Write ways to practice valuing your spouse's interests above your own.

3. Describe feelings that arise when truly understood by your spouse.



Day 5: 💞 Listening to Understand Not Respond

Prayer for Today

Jesus, teach me to listen with Your heart—seeking to understand before I speak. Help me honor my spouse's feelings and needs above my own. Let love guide every conversation and bring us closer together. Amen. ❤️ 🙏 🦻





Day 6: 💛 Practicing Forgiving Listening



Your Verse

Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Supporting Scriptures

- *Matthew 18:21-22 - "Then Peter came to Jesus and asked... 'How many times shall I forgive my brother or sister? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times.'"*
- *Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*



Devotional: Listening Through the Lens of Forgiveness

Forgiving listening frees marriage from bitterness. Often, the hardest words to hear are those intertwined with past hurts. Christ calls us to forgive continually, offering grace in every conversation.

Listening with a forgiving heart means choosing to overlook offenses, patiently bearing with one another's imperfections. It opens the way for healing and restoration, reflecting the mercy God extends to us.

Reflect today: Are there unresolved hurts you need to bring to God? How can forgiveness shape the way you listen and respond?



Reflect and Apply

1. What grudges or hurts might be blocking my listening?

2. How does embracing forgiveness change my heart toward my spouse?

3. In what ways can I practice patient, grace-filled listening daily?



Journaling Prompts

1. Write about a time forgiveness restored your relationship.

2. Identify any current barriers that forgiveness could break down.

3. Pray for a forgiving heart as you prepare to listen.



Day 6: 💛 Practicing Forgiving Listening

Prayer for Today

Merciful God, help me to forgive as You forgive, listening with grace despite hurts. Soften my heart and remove bitterness so our marriage thrives in Your peace and love. Teach me to bear with patience. Amen. 🙌🙏❤️





Day 7: 🌱 Growing Together in Christ-Like Listening



Day 7: 🌱 Growing Together in Christ-Like Listening

Your Verse

John 15:4 - "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine."

Supporting Scriptures

- *Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."*
- *Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."*



Day 7: 🌱 Growing Together in Christ-Like Listening

Devotional: Rooted and Fruitful in Christ-Like Listening

Our journey in listening like Christ is lifelong and grows as we remain connected to Him. Just as branches cannot bear fruit without the vine, marriages flourish when rooted in Jesus' love and guidance.

As we cultivate the fruit of the Spirit—patience, kindness, gentleness, and self-control—listening becomes a natural outflow of a heart aligned with God. Mutual growth in this grace strengthens the marital bond.

Commit today: To continue learning, practicing, and growing in Christ-like listening together for a fruitful, loving marriage.



Reflect and Apply

1. How has your listening grown during this study?

2. What fruit of the Spirit do you most want to develop to enhance listening?

3. How can you and your spouse support each other's growth in this area?



Journaling Prompts

1. Write a prayer committing your marriage to growing in Christ-like listening.

2. List goals for practicing active listening moving forward.

3. Describe how being rooted in Christ changes your perspective on marriage.



Day 7: 🌿 Growing Together in Christ-Like Listening

Prayer for Today

Jesus, thank You for teaching me to listen like You. Help me remain in You daily, bearing the fruits of the Spirit in my marriage. Unite us as we grow in love, patience, and understanding, reflecting Your heart to each other. Amen.





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.