Marriage: Learning to Listen Like Christ



Discover how Christ's example transforms your listening in marriage, fostering love, understanding, and deep connection over three focused days.





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Introduction

Marriage is one of the most profound relationships God has designed, and at its foundation lies communication — especially the art of listening. Many couples find that despite speaking daily, true understanding eludes them. This study invites you to *learn to listen like Christ*, who provides the perfect model of attentive, loving, and patient listening.

Jesus didn't just hear words; He fully engaged with people's hearts. Whether conversing with His disciples or those marginalized in society, Christ showed a deep awareness and compassion. His listening was intentional, gracious, and rooted in love, enabling transformative relationships. In marriage, practicing this kind of listening builds trust and intimacy.

Over the next three days, you'll explore key aspects of Christ's listening style as applied to marriage: resting in His peace, responding with empathy, and speaking the truth in love. Each day includes scripture, reflections, and prayer to guide your journey. As you study, ask God to empower you to listen not merely with your ears but with your heart — to truly hear your spouse as Christ hears us.

Let this time deepen your connection and shape your marriage into a living testimony of God's love manifested through attentive, loving 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."
- Psalm 46:10 "Be still, and know that I am God."







Devotional: Be Quick to Listen, Slow to Speak

Listening with presence requires setting aside distractions and giving your spouse your full attention. James 1:19 reminds us to be quick to listen and slow to speak—a challenge in the fast pace of daily life. In marriage, true communication begins not when we speak, but when we listen deeply.

Jesus modeled this perfectly. When He spoke with others, He was fully engaged, often pausing to hear their needs or sorrows without rushing to respond. He was patient and gentle, creating space for their hearts to be heard.

In practical terms, this might mean putting away phones, making eye contact, or simply being silent long enough to understand emotions behind words. Listening well is an act of love that builds safety and trust in your marriage.

Ask God to help you be fully present to your spouse today, tuning in not only to what they say but how they feel.







Reflect and Apply

| | How often do you find yourself truly present when your spouse shares their thoughts or feelings? |
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| | |
| 2. | What distractions keep you from fully listening in your marriage? |
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| 3. | How can you create intentional moments to listen attentively today? |
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Journaling Prompts

| | List times when you felt truly heard by your spouse and how it impacted you. |
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| 2. | Write about the challenges you face in listening patiently. |
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| | Brainstorm practical ways to practice present listening during conversations. |
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Prayer for Today

Lord, help me become a listener like You—patient, attentive, and fully present. Teach me to quiet my heart and distractions so I can hear my spouse with love and grace. Open my ears and eyes to truly receive their words and feelings, and empower me to create space for honest and tender conversations. May my listening build trust and deepen our bond. In Jesus' name, Amen.

















Your Verse

Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- 1 Peter 3:8 "Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble."







Devotional: Hear with Compassion and Share the Heart

Empathy is more than hearing words; it's feeling alongside your spouse's joys and struggles. Romans 12:15 calls us to rejoice and mourn together. When you listen with empathy, you come alongside your spouse's heart, sharing their emotions without judgment or quick fixes.

Christ exemplified perfect empathy. In His ministry, Jesus wept with Mary and Martha at Lazarus' death, showing tender compassion. His listening always led to understanding and kindness, not dismissal or impatience.

In marriage, empathetic listening strengthens unity and offers comfort. It conveys, "I see you, I care deeply, and you are not alone." Reflect on your posture as a listener—do you seek to understand feelings or rush to solutions? Often, your spouse needs your heartfelt presence more than your immediate advice.

Pray for a heart that is sensitive to emotions and able to respond with love, just as Christ listens to us.







Day 2: 🗭 Listening with Empathy

Reflect and Apply

| How do you currently express empathy when your spouse shares emotions? |
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| What feelings might your spouse hesitate to share, and how can you create safety for those? |
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| In what ways does empathetic listening transform conflict into connection? |
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Journaling Prompts

| | Describe a recent moment when you responded empathetically to your spouse. |
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| 2. | Write about how empathy changes your heart and your marriage. |
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| | Identify habits that hinder empathetic listening and how to overcome them. |
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Prayer for Today

Dear Jesus, fill my heart with Your compassion that I might listen with empathy to my spouse. Help me rejoice in their joys and mourn in their sorrows, standing beside them without judgment. Teach me to bear their burdens in love and humility, reflecting Your grace. May my listening bring healing and closeness in our marriage. Amen. 🗳 🙏 🕑 😂















Your Verse

Ephesians 4:15 "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

Supporting Scriptures

- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."
- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."







Devotional: Speak Truth with Grace and Gentleness

Listening like Christ is incomplete without speaking truth in love. Ephesians 4:15 reminds us that mature communication blends honesty with kindness. After listening attentively and empathetically, we respond not with harshness but with grace.

In marriage, this means offering words that build up rather than tear down. When you listen well, you better understand when to speak, and how to express your heart with gentleness, patience, and clarity.

Jesus demonstrated this perfectly: His words were truthful yet full of compassion. When correcting or teaching, He never crushed, but always aimed to restore and encourage.

Pray for discernment to know when to speak and courage to do so lovingly. Your words have the power to strengthen your marriage and reflect Christ's character.







Reflect and Apply

| | How does thoughtful listening improve your ability to speak truthfully and lovingly? |
|---|--|
| 2 | Are there times you have spoken harshly after listening? What changes |
| | can you make? |
| | |
| | How can grace and gentleness deepen the trust in your marriage communication? |
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Journaling Prompts

| | Recall moments when speaking truth in love positively impacted your marriage. |
|----|---|
| | |
| 2. | Write about struggles with expressing truth sensitively and how to grow. |
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| 3. | Plan steps to apply loving speech after listening in your next conversation. |
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Prayer for Today

Father, help me to speak truth in love after I listen with care. Grant me humility and grace to choose my words wisely, reflecting Your kindness and patience. May my communication build my marriage up and bring glory to Your name. Teach me to be an instrument of peace through my words. In Jesus' name, Amen.







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