



**WELCOME!!!**

~~if~~

there is

**ONE** thing

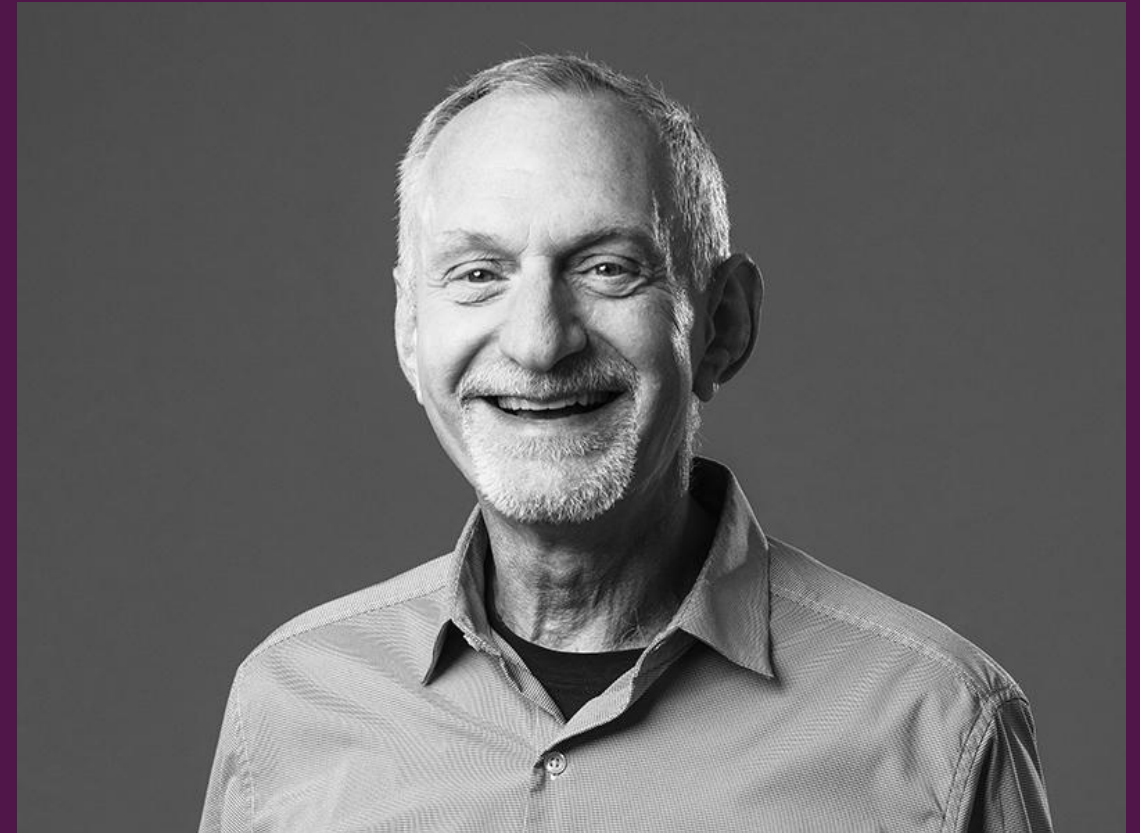
you could do that will help you  
finish well in life, what do you  
think that might be?

# Harvard Study of Adult Development

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Year **1938** • **724** men • **85** years

[If] we had to take all 85 years of the Harvard Study and boil it down to a single principle for living, one life investment that is supported by similar findings across a variety of other studies, it would be this: good relationships keep us healthier and happier. *Period.* If you want to make **one decision** to ensure your own health and happiness, it should be to **cultivate warm relationships of all kinds.**



Dr. Robert Waldinger

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# relationship



Dr. Robert Waldinger

# Growing relationships

- Comes *easier for some, harder* for others
- Can be **learnt**
- Takes **time**
- **Repeated intentional** action – *practise*
- **Glorifies** GOD
- **Deepens** our *own relationship* with GOD
- **Helps others** *experience the reality* of JESUS

# Life Together!





# Growing relationships

**LISTENING** *Together*

*Life* *Together*



**LOVING** *Together*

**LIVING** *Together*



**LEARNING** *Together*





# LISTENING *Together*





# Deuteronomy 6:4 - 5 (ESV)

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**“Hear, O Israel:** The Lord our God, the Lord is one. <sup>5</sup>You shall love the Lord your God with all your heart and with all your soul and with all your might.



# Hebrews 1:1 - 2a (ESV)

---

Long ago, at many times and in many ways, **God spoke** to our fathers by the prophets, <sup>2</sup> but in these last days **he has spoken to us** by his Son..."

听  
听



# 听

听  
听



# 聽 到 心



EAR

耳聽



King

耳到心聽

听  
听



聽

10 or Maximum



听  
听



耳  
聾  
聽  
心

eye or focus



聽

one or single

听  
听



耳  
聽  
耳  
心

heart





To **聽心** is about...  
being **PRESENT**



# PRESENT

---

What . Who . How



WHAT does it mean  
to be **PRESENT**?



What does it *mean*?  
**ATTENTIVE &  
RESPONSIVE**





## 2 Samuel 23:14 - 17 (ESV)

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David was then in the stronghold, and the garrison of the Philistines was then at Bethlehem. <sup>15</sup> **And David said longingly,** "Oh, that someone would give me water to drink from the well of Bethlehem that is by the gate!" <sup>16</sup> **Then the three mighty men broke through the camp** of the Philistines and drew water out of the well of Bethlehem that was by the gate and carried and brought it to David. **But he would not drink of it. He poured it out to the LORD** <sup>17</sup> and said, "Far be it from me, O LORD, that I should do this. Shall I drink the blood of the men who went at the risk of their lives?" Therefore he would not drink it. These things the three mighty men did.



WHO are we  
to be **PRESENT** to?



# Being **PRESENT**

- to **yourself**





# Being **PRESENT**

- to **yourself**
- to the **LORD**



# Being **PRESENT**

- to **yourself**
- to the **LORD**
- to *the other*





# HOW

to be **PRESENT?**



# How to be **PRESENT** to **yourself**





# How to be **PRESENT** to **yourself**

- *Safe Conversations*
- **Journaling**







It's our responsibility to  
*pay **attention** & **respond*** to  
our soul & body so *that* we  
may *know* what's happening  
*inside...*



“In solitude we find ourselves;  
we prepare ourselves to  
come to conversation with  
something to say that is  
authentic, ours. When we are  
*secure in ourselves* we are  
able to listen to other people  
and really hear what they  
have to say.”

SHERRY TURKLE

Reclaiming Conversation, p. 10





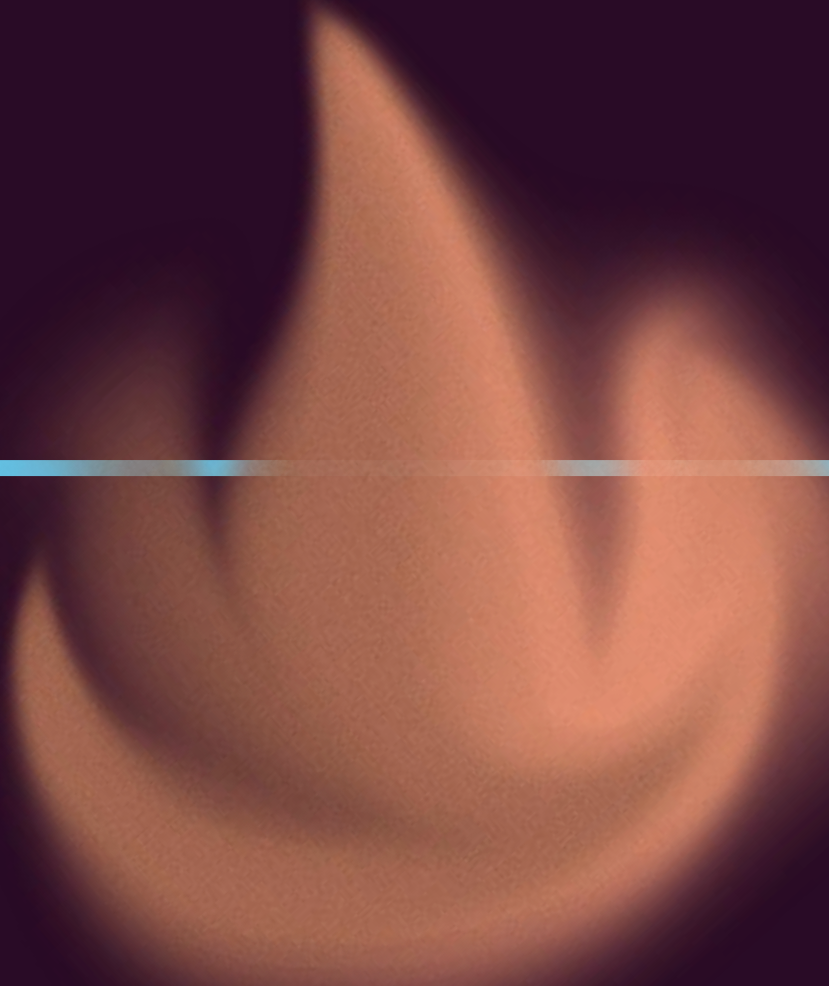
# Psalm 139:23 - 24 (ESV)

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Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!



# How to be **PRESENT** to the **LORD**



# Distracted

Most of the new arrivals seem incapable of conversation. They just stare at their hands in despair.



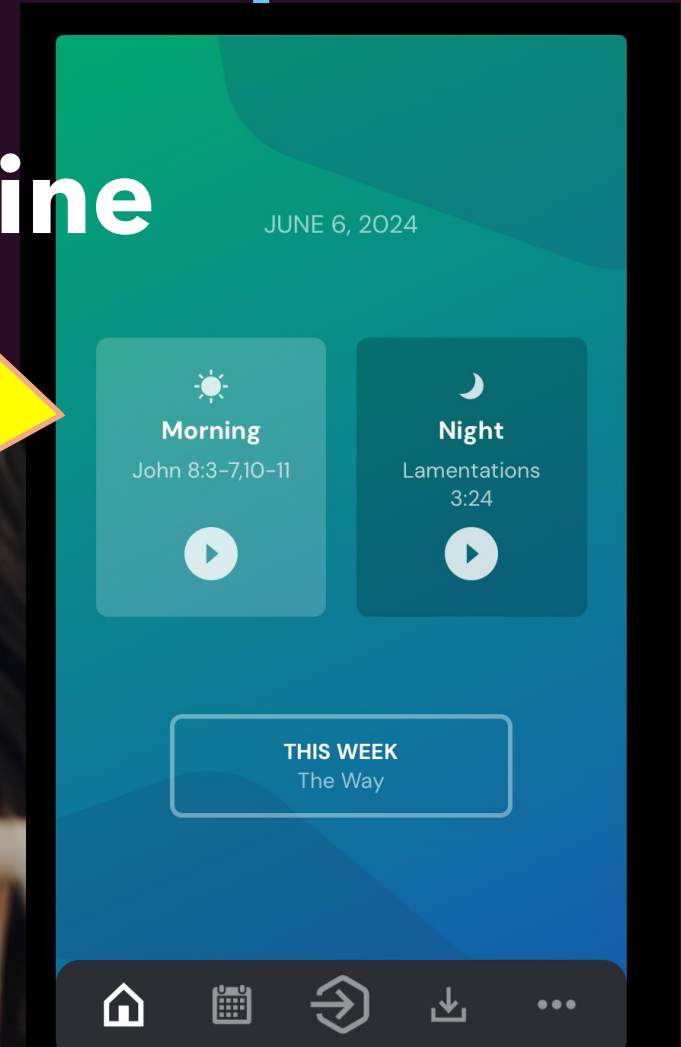
# Cluttered





# How to be **PRESENT** to the **LORD**

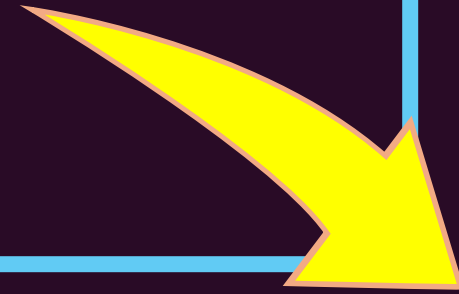
- *Daily Bible Discipline*
- **Lectio365**





# How to be **PRESENT** to the **LORD**

- *Daily Bible Discipline*
  - Lectio365 & **Journal**



**5 Minute Journal**





“Relationships deepen not because we necessarily say anything in particular but because we are invested enough to show up for another conversation. In family conversations, children learn that what can *matter most* is not the information shared but *the relationships sustained*.

SHERRY TURKLE

Reclaiming Conversation

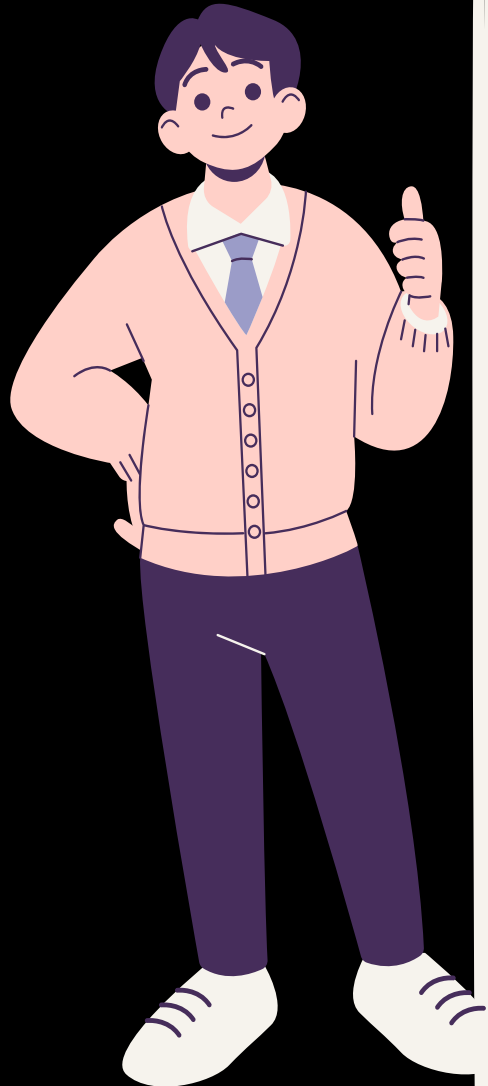


# How to be **PRESENT** to the **LORD**

- *Daily Bible Discipline*
  - Lectio365 & Journal
- **Committal** List

# Committed to the LORD

## 12 June 2024



The project deadline on 20 June



Repair washing machine



Making appointment for mum to see Dr



Buying Father's Day present for dad



Replying that email

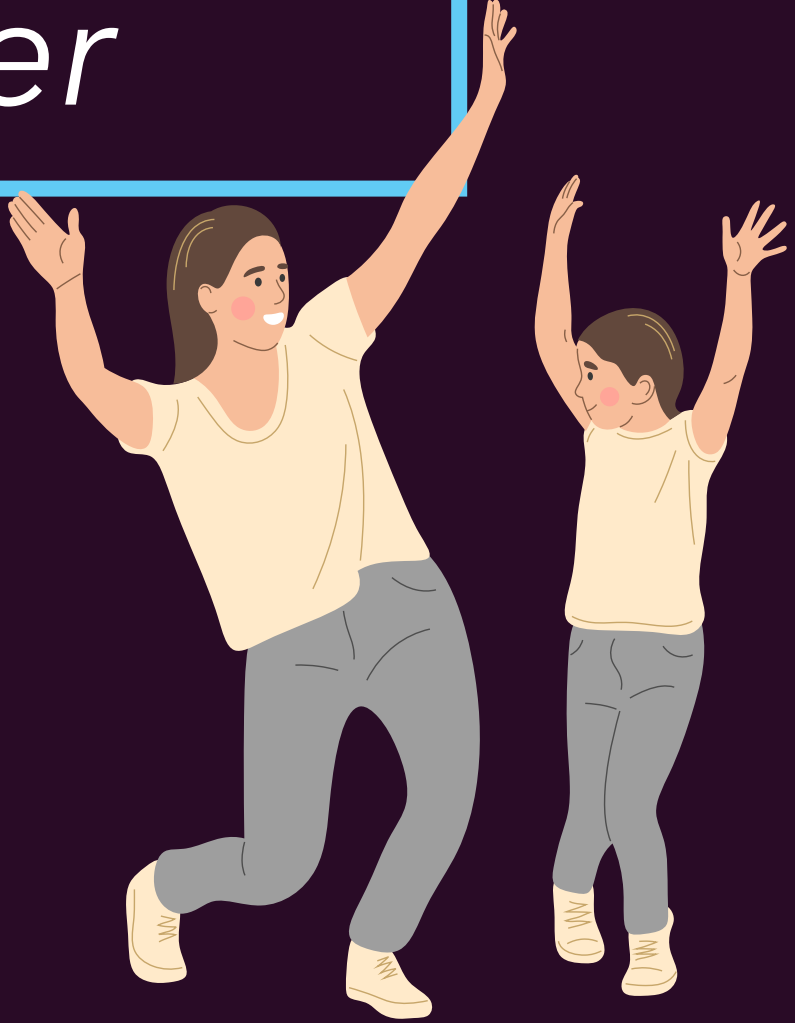


Etc.





# How to be **PRESENT** to *the other*






# How to be **PRESENT** to *the other*

When you are more present with yourself and with the LORD, you are more **able to be present** with the other...





“When we are  
secure in ourselves  
we are able to  
listen to other  
people and really  
hear what they  
have to say.”

**SHERRY TURKLE**

(Reclaiming Conversation, p 10)

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# LISTENING *Together*







To

*Listen ...*

...is to **be present**  
to *yourself, the*  
*LORD* and *the other*