

LIVING THE BLESSED LIFE
From theory to transformation — becoming the principles

Listen Silently Then Speak Clearly (Part 2) - Four Ways To Listen

Let Them Breathe

Verse 1 (Anti-Listening)
You've barely said a sentence; I'm already saying no.
I know where this is heading. There's nothing I don't know.
I pull apart your meaning before you make it clear,
Then blame the way you said it for what I wouldn't hear.
I tell myself I'm honest. I tell myself I'm strong.
I need you to be mistaken. I need you to be wrong.
I hear your silence as agreement. I'm convinced I've got it right—
You're deciding what you'll never tell me, lying there tonight.

Chorus
I shut you down. I must be right.
You hide the hurt. I win the fight.
I wait my turn. I claim the floor.
You fade away. I tell you more.
I weigh your words. I start to mend.
You need an ear. I need an end.
I give you room. I step aside.
You find your answer deep inside.

Verse 2 (Waiting To Reply)
I'm nodding at your story, but I'm waiting for the gap.
You mention something painful; I say, "I've been through that."
And suddenly we're somewhere in a memory of mine;
Your sentence lies unfinished while I take the remaining time.
I thought that we connected. I so enjoyed our talk.
You take your untold story with you on a lonely walk.
I know you told me something. I'd been through that before—
I told you all about it, but can't recall yours anymore.

Chorus
I shut you down. I must be right…

Verse 3 (Evaluative Listening)
This time I hear each word you say. I turn it in my mind.
I weigh it and compare it with the answers I can find.
I know what you should try next. I know where you went wrong.
You came to tell me where you are; now I'm moving you along.
You say, "It's hard to explain." I say, "Here's what you should do."
You thank me very gently. I take that as my next cue.
I leave you with instructions, so certain I was kind—
But the person I was hearing was the one inside my mind.

Chorus
I shut you down. I must be right…

Verse 4 (Silent Listening)
I feel an answer rising. I let it settle down.
You're reaching for a sentence. There's no need to make a sound.
And when I'm not quite with you, I ask you to go slow.
You don't have to fight to tell me. I really want to know.
You can stumble through the telling. You can start and stop and start.
You don't have to find the perfect words to let me hear your heart.
Then somewhere in the quiet, you begin to see a way—
An answer I could never give takes shape in what you say.

Chorus
I shut you down. I must be right…

Outro
How do you hear what people say?
Do they feel heard—or pushed away?
Must they defend each word they say?
Must you object straightaway?

Or do you just wait to have your say?
Then take their story clean away?
Or do all their troubles make your day?
Another chance to show the way?

Or can your thoughts step out the way?
Can someone breathe? Can you just stay?
Can they express while you're at bay?
And find their clarity a better way?

Ask those you love. Hear what they say.
Let your defences fall away.
Give them that room. Begin today.
Let them breathe—and find their way.
Let them breathe—and find their way.
Let them breathe—and find their way.
Let them breathe—and find their way.
Let them breathe—and find their way.

Let them breathe—you'll make their day.