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"Highly recommended."—SUSAN CAIN, author of *Quiet*



EMBRACING
ATTENTIVENESS
in a WORLD *of*
DISTRACTION

THE
LISTENING
LIFE

Adam S. McHugh

*Author of *Introverts in the Church**

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The Listening Life: Embracing Attentiveness in a World of Distraction



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Christianity Today's 2017 Reserve of the Year Award - Spiritual Formation Logos Association Bookstore Award, Best Christian Living Publication for 2016 Bookwiser's Favorite Books of the Year, nonfiction

"Stop wasting time to pay attention, slow to speak. People chat past each other, eager to be heard but somehow deaf to what is being stated. Our lives are qualitatively different?indeed, better?when we become listeners." ?James 1:19 How would our lives change if we approached every knowledge with the intention of listening first? Listening is an essential skill for healthy human relationships, both with God and with other folks. By cultivating a posture of listening, we become more attentive and involved with those all around us. Listening shapes us and equips us to be more attuned to people in pain and more able to minister to those in distress. God himself is the God who hears, and we as well can learn to hear what God could be stating through creation, through Scripture, through people. Nonetheless it is a lot more than that: hearing is a way of life. Adam McHugh areas listening in the centre of our spirituality, our relationships and our mission in the world. In this noisy, distracting world, it is difficult to seriously hear. Heed the decision to the listening existence, and hear what God does in you and the globe.



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An observant, Scripture-led journey I go through Adam McHugh's first book, *Introverts in the Church*, soon after it was published in 2009. The *Listening Lifestyle* encourages us to decelerate, quiet our thoughts, mouths and souls and tune our ears and hearts from what God, and others, have to communicate to us. I came across the book to become an affirming and balanced consider the role personality types play inside our quest to embrace our exclusive, God-given identities. Prioritize this Excellently written, insightful and full of great images and analogies. The reserve forced me to improve many ingrained practices I had previously thought were signs of a good listener and were really just methods to insert myself into the conversation. A+ for me. Yet additionally it is enriching work leading us nearer to the lives of others and to the heart of God. I informed my hubby that this publication feels like "a more available Dallas Willard reserve" for those of you who would like to grow in wisdom but a philosopher like Dallas enables you to nervous. McHugh uses illustrations from his ministry, including his period serving as a hospice chaplain and his everyday experiences of building interactions. His bursts of humor certainly are a highlight (particularly if you take time to browse the pleasantly witty footnotes). *I received a copy of this book from the publisher. Thoughtful, well-created, insightful and both useful and poignant (with some well-placed moments of humor sprinkled throughout), *The Listening Lifestyle* spoke if you ask me on multiple levels. "I have got devoted and redevoted myself to listening because it is making me in to the kind of person I want to end up being," says McHugh. He shares how exactly to be considered a better listener and why we need to listen better. Someone who chooses persistence over distraction, vulnerability over control, compassion over self-importance, and deep queries over fast answers. A "servant listener," who will pay attention to creation, makes period for prayerful solitude, and meditates on Scripture, but also bravely engages with others by "getting our feet filthy in the layered soil of their lives. My opinions are my own. Ultimately, McHugh believes that listening is absolutely foundational to the lives of these who seek to follow Christ since it is a gift given by a listening God. I was a chapter in and already I was prepared to reread it. We will never be perfect listeners, but the quest to become better is normally inseparable from our walk of faith. As McHugh says: "We learn how to listen because you want to learn to love." *The Hearing Life* is an observant, Scripture-led journey into practices that may reawaken us to your humanity and attune us to God's leading in every areas of life. Much-Required Medicine for Today's Noisy World We cannot recommend this publication enough. One of these is responding to somebody's expression of pain with a quick Scripture verse or platitude, a strategy that can be even more about informing them what things to feel rather than actually permitting them to feel it with us. McHugh digs into unforeseen terrain (hearing creation, for instance) and will be offering some creative and unique insights into aspects of listening I believed I comprehended inside and out (listening to others, for example). A structure that delivers a very simple agreed-upon belief framework (in this instance the Nicene Creed) with lots of room for people to disagree about how that results in beliefs about politics and how to live out that faith. We live in a loud, noisy world where we frequently find ourselves competing for a system from which we can shout our sights and opinions. I had known for a long time that I was an introvert, but I hadn't taken a direct consider the challenges and gifts that come along with this particular aspect who I am. A book that offers recovery to its readers also to all the individuals who get more listened to because of this book. "In Ch 6, McHugh writes, "It really is one thing to season your talking with a little bit of listening, the sugars which makes the medicine go down." Since listening is perhaps the most important job for leaders, I wanted to locate a book that could help me and ROM college students end up being the kind of listeners we have to be. Thank you, Adam McHugh. Yours and Mark Goulston's and Deborah Tannen's book all made it on my short list of suggested texts. My two favorite chapters are Chapter 2, *The King Who Listens* and Chapter 6, *Listening To Others*. In Ch 2, McHugh says, "I suspect that few kings have already been lauded for their ability and willingness to listen . In McHugh's words, it really is a church body committed to "unity not uniformity. What do I say about a

book that is changing my life? It seems the more power you possess in the human being kingdom, the much less you feel obligated to pay attention." From then on, McHugh says something even more quotable, "Power is an incredibly effective earplug. I also discovered it validating in many ways as I am on a trip of writing my second book and Adam touched on several issues I am dealing with. I've under no circumstances read Scripture or seen my life therefore intentionally through the zoom lens of what this means to listen. . Inside our distracted lives, this is actually the better sort of living that our souls deeply crave.. . This is no regular King. From the beginning of the Scriptures we find a God who does not really hoard power but shares it .." After that he poses this poignant issue, "For what purpose do I enter a discussion? God is like, and love requires listening. I just finished reading this book, and right now we're going to use it in DIRECTLY ON Mission (ROM) in the training course, "Effective Hearing. There are costs. But are you really motivated to learn how to listen? Personality building is always costly to the ego. . He seems to be hearing voices from across the evangelical spectrum which further lends to his credibility. It's a perfectly written piece of theological considering listening, something comparable to a papal encyclical, but authored by a Protestant. But Susan Cain's simple endorsement on the cover (strongly suggested) was enough for me to purchase and read the book." Although Chs 2 and 6 are my favorites, I believe Chapter 1 may be the best chapter in this reserve. Hearing is a bigger deal than we realize AN EXTREMELY thought provoking book. It really is amazing to see how listening touches every part of life and what it really means. I've seen in my own conversations that I am in a position to feel even more engaged and be even more engaging because I know how to listen to other people therefore far better. I folded over pages I would like to revisit and when i emerged to the finish of the publication discovered I might have folded over 1/2 of the publication." Then he presents the reader with this glorious information: " . Listening is a bigger offer than we realize and I try to learn from it. re-framing what this means to be a member of the church body and love one another well As a person who facilitates dialogue, We was skeptical about how exactly much value I'd receive from a publication about listening steeped within a faith context. My impression is usually that Adam McHugh is usually neither a conservative nor a progressive evangelical. And I am extremely grateful that I did so. This reserve articulated some deep heart truths which have motivated me the previous few years without having words to describe them. The trouble is in fact doing it. What's consensual orthodoxy? By the time I was carried out, dozes of sections were underlined, pages had been dog-eared and I was eager to flip back again to page one to re-read some of my favorite parts. ." The program started with sort of utilitarian theme about disagreeing very well. But very quickly, we found that the dialogue procedure wouldn't work unless we shifted our concentrate to loving one another well. Great Beautifully written, extremely thought-provoking, and applicable. I have already been blessed and challenged by this book. . . . To paraphrase 1 John 4:19: We listen because he first listened to us. This is the book most of us need. . I would like to be quick to pay attention. the undisputed champion of creation is usually a listener .McHugh—an ordained Presbyterian minister and spiritual director—humbly examines the worthiness of listening as a fellow learner in the "sacred artwork" of conversation. a book written to help make the world just a little better This book was insightful not merely in that it offers specific ways of listen better, but it additionally helps you to learn how to turn into a better listener in general, and to have a listening heart. It really is difficult, often tiring work. McHugh admits his own missteps simply because he outlines common hearing approaches which can be harmful." To put it simply, a person who is now like Christ. Only required questions. THEREFORE I was excited to get his new reserve, The Listening Life. Right now easily could just burn the tips into my mind and use them, I'd be far happier and useful to many. A Book to return to Time and Again I am reading this reserve through for the next time and am enjoying it as much as the first time. Listening is always near the top of my New Years Quality list. This book felt like a much needed invitation to follow god, the father in deeper ways. More than three years ago I proposed and

created dialogue schooling for congregants at a local church that was focused on becoming an urban monastery steeped in consensual orthodoxy. Adam talks in his publication about hearing God, others, and personal. What kind of person is normally this? This book felt like a much needed invitation to check out the Lord in . I would recommend it 100%. Adam S McHugh wrote a reserve that is made to make the world a better place, and that is simply what happens for any reader of the hearing life. Anyone who reads this publication can expect to get a shift in the manner they think of virtually any conversation they will have because it offers up therefore much great here is how to grow into having a listening heart. That is a timely go through for me and so I took my time reading it pausing often to reflect and consider. I spent considerable time attempting to learn what to say in conversations, and reading this book made me recognize that it's not in what you say, but about how well you listen. No easy answers. Five Stars Made me consider how I listen. It really is a practice that's needed in our society as we move forward to a less socially aware society. He allows you to find the answer instead of handing you inexpensive hallmark sayings to you for your pleasure. The reserve exists to be a self check for the reader and their ability to have others experience heard. You can expect to struggle at first since many of the procedures will go against our very own egocentric tendencies. However, the fulfillment I got when I was able to get just a grasp of this content in the book was very satisfying. Especially, when I am speaking with a friend going through a hard time and with the help of the book am in a position to ask the correct questions with a cadence and tone that induce a perfect environment to allow them to experience welcomed in. In The Hearing Lifestyle, Adam McHugh explains that listening very well—to others, to God, also to ourselves—will not come easily. General, the book allows to decrypt which kind of listener you are, giving you the elements necessary for good listening and it is up to the reader on whether or not you want to do the hard function that will assist you for a long time to come.



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