# Be Quick To Listen (James 1:19)

The following was produced by Claude (AI)

| Step | What to do | Biblical echo |
|---|---|---|
| **L** – Lean in | Give your full attention: remove distractions, face the person, put your own agenda aside. | Luke 10:39; Mark 10:49 |
| **I** – Invite | Ask open, curious questions and use encouragers ("tell me more"). | Prov 20:5; Mark 10:51 |
| **S** – Stay silent | Allow pauses; don't interrupt, finish sentences, or fix. | Job 2:13; Eccl 3:7; Jas 1:19 |
| **T** – Test understanding | Paraphrase content, reflect feeling, and ask "Have I got that right?" | Prov 18:13; Acts 8:30; Rom 12:15 |
| **E** – Empathise | Acknowledge the person's experience and feelings, without rushing to agree or fix. | John 11:33-35; Heb 4:15 |
| **N** – Next step | Respond with care: share your view, offer help, pray, or refer on, and follow up later. | Eph 4:15, 29; Gal 6:1-2 |