

## FOUNDATIONS

### *Section Two*

### *Loving Others: Caring Behavior*

## *LESSON 6: Acts Of Kindness And Active Listening*

### **Key Points:**

- Sharing affirmation of family members.
- Behavior # 3: Acts of Kindness
- Behavior # 4: Active Listening
- Self Affirmation: "I am very..." exercise

### **Hints for the material:**

- Ask if your group shared their lists from last week with their loved ones. Have those who did share their experience.
- Remind your group of the importance of spending quality time together with family and friends-"being with" is at least as important as doing specific things for people.
- The Self Affirmation exercise reminds us to love others "as our self."
- Listening. It is important for us to learn this skill early on. It is a helpful communication tool in all situations, and even works well in conflicts. It brings a feeling of safety to relationships-when we know we will be listened to without judgment or a response. It also gives us time to really understand what the person is saying.
- All these exercises ("The Four A's") help us learn to enhance our relationships through caring for others.

### **Extra Insight:**

- The listening exercise feels awkward in a practice situation like this, but it is an important tool for relationships. Encourage your group members to practice active listening using their own conversational style. You can use this exercise during prayer requests. Just have each person practice the listening skill as the person to their left shares their prayer request.
- The "I am very..." exercise helps us embrace our affirmations rather than minimize or discount them.

### **Homework:**

- Encourage group members to DO the "Acts of Kindness" for their spouse/close friend in the coming week.
- The Life Application Exercises are good for all of us to remember and practice.