

# Could you just **listen**?

When I ask you to **listen** to me and you start giving me advice, you have not done what I asked.

When I ask you to **listen** to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to **listen** to me and you feel you have to do something to solve my problems, you have failed me—strange as that may seem.

## **LISTEN!**

All I ask is that you **listen**, not talk or do, just hear me. Advice is cheap. Fifty cents will give you both Dear Abby and Billy Graham in the same paper. When you do something for me that I can and need to do for myself, you contribute to my fear and inadequacy, but when you accept as a simple fact that I do feel what I feel no matter how irrational, then I can quit trying to convince you and get down to the business of understanding it.

Irrational feelings make sense when we understand what's behind them, and when that's clear, the answers are obvious and I don't need advice. Perhaps that's why prayer works sometimes for some people—because God is mute and doesn't give advice to try to fix things. God just **listens** and lets you work it out for yourself.

So please just **listen**. If you want to talk, wait a minute for your turn and I'll **listen** to you.

By Anonymous

