

Mental Health Monday—the power of listening

*Lord, **You listen** to the desires of those who suffer. You steady their hearts; **You listen** closely to them. (Psalm 10:17)*

“We have two ears and one mouth so that we can listen twice as much as we speak.” –Epictetus

“**The first duty of love** is to listen.” –Paul Tillich

“Listening is much more than allowing another to talk while waiting for a chance to respond. Listening is paying full attention to others and welcoming them into our very beings. The beauty of listening is that those who are listened to start **feeling accepted**, start taking our words more seriously and discovering their true selves. –Henri Nouwen

“Empathetic listening is **an awesome medication** for the hurting heart.” –Gary Chapman

“With the gift of listening comes **the gift of healing**.” –Catherine Doherty

For many years Sergeant Kevin Briggs had a dark, unusual, at times strangely rewarding job: He patrolled the southern end of San Francisco’s Golden Gate Bridge, a popular site for suicide attempts. In a sobering, deeply personal talk Briggs shares stories from those he’s met, standing on the edge of life. He relates how the encounters helped him learn the therapeutic value of listening.