

Look People 42 In the Eye

When someone is talking to YOU) or when you're talking to someone, always try to maintain eye contact. If the conversation is lengthy, of course, it's all right to glance away. But always look back at the person.

If you look away while someone is talking with you, it seems to indicate that you have no interest in what he or she is saying. And if you're trying to communicate with someone, it is difficult to get the message across if the person is looking away.

Many times, while preaching a sermon, I have knocked on the pulpit as if knocking on a door, simply to get the attention of the people. And I've often said, "Look up here a minute," and then continued with the message. The same is true when witnessing to an individual. Many times I've said, "If you don't mind, look at me."

When our children were small, I never tried to communicate with them unless they were looking at me.

Looking people in the eye helps to communicate a clear message and demonstrates that we're interested in what others are saying to us.