

Intro Verse: Psalms 139:13-15 NLT

Overview & Setup

- God created you for relationship with Him and with others. It is not good to be alone.
- Our relationship with God was destroyed by sin, and Jesus came to restore it.
- We can have salvation in Him when we declare Him as Lord.
- We begin as infants in our faith and grow toward maturity, becoming more like Christ.
- Maturity is the ability to be loved and to love, expressing love in relationships.
- Even though we have the Holy Spirit, we still have our flesh, relationships are not easy.
- Relationships are hard, and we have to choose them, work at them.

COMMUNICATION

Ephesians 4:29 KJV: Let no corrupt **communication** proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. '

log'-os (Communication)

1) Speech.

- a) word, uttered by a living voice, embodies a conception or idea.
- b) what someone has said (a word, the sayings of God, Decree)

2) Discourse

- a) the act of speaking, speech
- b) the faculty of speech, skill and practice in speaking
- c) a kind or style of speaking

3) Anything reported in speech: a narration, narrative (Verbal & non Verbal)

4) Reason, the mental faculty of thinking, meditating, reasoning, calculating.

Summary: Communication is receiving, expressing or speaking, and reflecting on ideas through words, having to do with verbal and nonverbal cues and thought.

The Purpose of Godly Communication:

The purpose of Godly communication is unity, oneness, and connection with God and others.

Receiving & Thinking

- What we receive when it comes to communication matters.
- Jesus says remain in me and I in you and you will produce much fruit.
- What you abide in and receive is what will come out.
- God is communicating with us
- Hebrews 1:1-2 NLT:
- Are you someone who listens to God and receives his voice? Learn it.
- To receive his promises and walk with him in obedience, someone who listens.
- James 1:19, Proverbs 18:2 Philippians 2:4-8

The power of words

- Words bring life or death. (Proverbs 18:21)
- Communication (Words, Tone, Body Language)
- Proverbs 16:24 & Proverbs 16:28
- In my communication
- Satan attacks relationship
- God wants us to communicate for a purpose

Communication Quiz

Instructions:

For the questions below, rate each one from **0 to 5**, where **0 is the lowest** and **5 is the highest**. Complete this with a few people you trust, and then complete the **Self-Quiz** section on your own.

Evaluation by Others

1. Do I listen to you well?
2. Do my words bring life or death to you?
3. How would you rate my nonverbal communication (facial expressions, body language)?
4. How would you rate my tone of voice?
5. Do I take a genuine interest in you, and do you feel valued by me?
6. Do you feel that I seek to understand how you communicate and adjust accordingly?
7. Overall, what do you feel I communicate as a person through my words, actions, and behavior?
8. Do you feel safe being honest with me, even when we disagree?
9. Do my words and actions usually align with each other?
10. When conflict arises, do I communicate with humility and respect?

Self-Quiz

1. Do I speak negatively to myself?
2. Do I shut down negative internal communication towards myself and others or let it play over and over in my head?
3. Am I quick to listen and slow to speak?
4. Do I listen to understand, not just to respond?
5. Do I take a genuine interest in others, not just myself?
6. Do I pause and pray before responding in difficult conversations?
7. Am I aware of how my emotions affect my tone and body language?
8. Do I listen for God's voice as much as I listen to others?
9. Do I respond thoughtfully, rather than react emotionally when I feel misunderstood?
10. Do my private thoughts align with the words I speak publicly?

