

Between You & Me

Communication | Week 2

Hayden | Jan 15th and 18th 2026 | Gabe Cleave



Healthy communication builds unity, trust, and intimacy in every relationship.

INTRODUCTION

From the very beginning of Scripture, we see that we were created for relationship. God designed us for deep connection—first with Him, and then with others. Some of life’s greatest joys and deepest wounds both come through relationships. The enemy knows this. If he can’t destroy you outright, he will work to divide you relationally—creating distance, tension, and confusion.

THE FOUNDATION: COMMUNICATION

Every healthy relationship rises or falls on communication. Most relational problems begin with misunderstandings, assumptions, silence, or tone.

Communication is not just about talking—it’s about being understood. It’s not just about exchanging information—it’s about connection.

THE PURPOSE OF COMMUNICATION

Healthy communication IS about:

- _____, not just information
- _____ before being understood
- Building _____
- _____ as an act of love
- Inviting _____
- Aligning _____ and direction

WHAT COMMUNICATION IS NOT ABOUT

Healthy communication is NOT about:

- _____ arguments
- _____ a point
- _____ without responsibility
- Control or _____
- _____ disguised as peace

COMMUNICATING IN A GODLY WAY

1. Check your _____ (Matthew 12:34)
2. Understand the power of your _____ (James 3:5-6)
3. Get biblical
 - 1) _____ more than you _____ (James 1:19)
 - 2) Watch your _____ (Ephesians 4:29)
 - 3) _____ your mouth
 - 4) Speak _____ (Proverbs 15:1)
 - 5) Seek to _____, not just to respond (Proverbs 18:2)
 - 6) Give _____ (Colossians 4:6)

THE GOSPEL CONNECTION

Our sin created separation between us and God. Jesus came and filled that gap by communicating one powerful truth: "I _____ you." (Romans 5:8)

NEXT STEP

What is one relationship where God is inviting you to communicate with more grace, humility, and truth?

