



RELATIONSHIPS: Life on the Other Side of you - Communication



BIG IDEA

Bad communication destroys good relationships.



ICE BREAKER

Share a funny miscommunication story from your life. What happened and how was it resolved?



MAIN POINTS

- Bad communication destroys many good relationships
- Effective communication involves both transmitting and receiving messages clearly
- There are several common obstacles to communication
- We can take practical steps to improve our communication skills



DISCUSS

1. What most stood out to you from the message this weekend? Why?
2. Pastor Cal said that our ability to communicate effectively determines the quality of life we live. Do you agree or disagree? Why?
3. Reflect on the statistic that only 7% of communication is verbal, while 38% is vocal tone and 55% is body language. How might this impact your approach to important conversations?
4. What are your thoughts on the idea that we're rarely taught how to listen effectively? How might our relationships improve if we focused more on developing listening skills?
5. Of the obstacles to effective communication mentioned (refusing to be truthful, exaggeration, innuendos, and silence), which do you struggle with most? How can you work on overcoming it?
6. Pastor Cal suggests "speaking the truth in love" is a powerful communication tool. What does this look like in practice? Can you share an example?
7. Discuss the five love languages mentioned (words of affirmation, quality time, gifts, acts of service, physical touch). Which is your primary love language? How can understanding these help improve communication in your relationships?
8. How might your relationships change if you committed to improving your communication skills? What specific step can you take this week to become a better communicator?



NEXT STEP

Of the ways suggested to improve communication (ensuring you can hear, listening to listen not fix, communicating in the other person's love language, asking clarifying questions, repeating back what you heard), which do you think would be most helpful for you to implement? Why?



SCRIPTURE

Matthew 12:33-35 "Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit. You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of. A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him.

Proverbs 13:3 He who guards his lips guards his life, but he who speaks rashly will come to



NEXT WEEK
SNEAK PEAK

Join us next week as we continue this series on relationships called RELATIONSHIPS: Life on the Other Side of You. Come join us and bring a friend!

Questions or Feedback? Email Groups@CentralAZ.com