



The 7C's: Communication

Welcome! We are so glad you are here! As a Tribe we commit to a social contract of honor, respect and privacy. Please stay mindful of our commitment to each other, what is shared here should stay here. We will all grow through intention and integrity.

ANCHORED is a foundational teaching series that includes several topics on Eagle Mountain's DNA. We have spent the past few weeks studying the first 3 of the 7C's: Character, Consistency and Commitment; tonight we are shifting gears from the internal character traits to the external development of Communication and Community. The aim of this series is to help us all grow deeper roots of faith, know our true identity in Christ and to come together unified as a Tribe to serve and lead in our community.

As we kick off this evening together please take a moment for each person to share with your table group a personal growth win or challenge that you were able to realize from our last discussion on **Commitment**.

Lesson Focus: Communication

Key Takeaways

- **God** began to speak to us that in order to be trusted and sent to the nations first we had to have the 7C's. The 4th C he gave us in the fourth year was Communication. What does it take to create healthy communication? We must be willing to ask questions and be mindful that our communication is representing something or someone. More importantly, my communication represents myself and the Lord; that is where my communication must come from.
- **Communication** honors those we do life with. How you communicate with someone in public must be the same way we communicate in private, always with honor and kindness.
- **You** cannot have an expectation that you have not communicated.
- **Recognize** the value of the 5-love languages - this simple tool can equip you to communicate more effectively with people in your life. Staying mindful that you may need to shift your communication to meet the needs of those around you.
- **Approach** others in the right spirit: body language, tone. We must reflect the heart of God to others.
- **Our** best communication is cultivated by our communication with God. We must first come into union and intimacy with the Living God.
- **Healthy** communication is marked by true honesty in relationships. Worship is honesty. Forty-eight of the Psalms were complaints - David being honest with God.

Discussion on Communication

1. How does my speech and communication represent God?
2. Take a moment to reflect on a time where in a relationship you held to a set of expectations that were not met... perhaps the situation caused some level of disappointment or frustration. Consider, did you communicate your expectations? Or were there assumptions made?
3. Five Love Languages Assessment: take a moment to complete the 1-page worksheet to reveal your love language. What are some ways you conform your communications to meet the needs of those around you?
4. What does it look like to communicate honestly? Using "I Statements" is an effective way to communicate honestly without attacking others and putting them on the defensive. Using I Statements share with those at your table how you feel about your communication style.

Closing Activation:

Main takeaway from each table on Communication

Closing Declaration & Prayer:

Spirit Blessing: I bless you with a generational anointing of great peace because you are nurtured and mentored by the Lord of Peace Himself. You will need harmony between your giftings and the people in your world. I bless you with wholeness, fulfillment, reconciliation, and harmony in your relationships with other people. I bless you with richness in receiving into your life from other people's giftings, and I bless you with contributing to bringing peace to other people. I bless you with learning from the Lord Most High how to rebuild broken relationships. He has been rebuilding broken relationships throughout the history of mankind. I bless you with the Lord's anointing and skill as the greatest restorer of relationships. In the Name of Jesus I bless you with establishing lifegiving, full, harmonious relationships. Amen!