



Let's Talk Part 1
Let's Talk Communication

LifeGroup Discussion Guide
for the week of 2/1/20

CONNECTION

[1] What insight, principle or observation from this weekend's message did you find to be most helpful, eye opening or troubling? Please explain.

OBSERVATION & INTERPRETATION

[2] Which level of communication do you function in the most: Grunt Level, Journalist Level, or Feelings Level? How does your style of communication effect your relationships?

[3] Visualize yourself in a recent conversation: Are you focused? On your phone? Keeping eye contact? What was happening with you during this conversation and how did your behavior impact the conversation?

APPLICATION

[4] What does it feel like when someone gives you unsolicited advice? How would you have liked that person to respond to you? What difference would that have made in how you feel about the relationship?

[5] Describe a time when someone misunderstood what you were saying? How did it impact your relationship? Can you think of some ways you or the other person might have used clarifying skills to help you understand each other?

[6] Why is "time" so important in healthy communication? Is this an area that you feel challenged with? Please explain...

REFLECTION

[7] Describe a hypothetical conversation with a friend, family member, or significant other based on what you know about healthy communication. What is different about your current style of communication and your hypothetical example? What changes do you need to make to improve your communication style?