

Communication:

1. Communication is defined as the imparting or interchange of thoughts, opinions, or information by speech, writings, or signs.

- a. Speech

Studies show that women average 20,000 words per day.
Studies show that men average 7000 - 8000 words per day.

3 questions to ask yourself before you speak.

- i. Is it true?

Exodus 20:16 "You must not testify falsely against your neighbor."

Question: Who were the first people to be neighbors? Adam and Eve.

Avoid the "extreme trap". The "extreme trap" is set when we communicate using phrases like, "you never", or "you always".

Those are unfair and unrealistic phrases; therefore, it is not the truth. Build your marital and family communication on truth and avoid the "extreme trap".

Often, arguments in the home start when one person hears something spoken about them that isn't true.

- ii. Is it kind?

Titus 3:2 "They must not slander anyone and avoid quarrelling. Instead, they should be gentle and show true humility to everyone."

Proverbs 16:24 "Kind words are like honey - sweet to the soul and healthy to the body."

Proverbs 31:26 "When she speaks, her words are wise, and she gives instruction with kindness."

iii. Is it necessary?

Proverbs 15:23 “Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time!”

Proverbs 11:22 “A beautiful woman who lacks discretion is like a gold ring in a pig’s snout.”

b. Texts or emails

How many of you have had arguments via text message or an email?
Did the argument resolve itself through the same means?

Though it’s very convenient, this is a substitutional form of communication that will never have the same result as a face-to-face conversation.

I would rather hear your words and read your body language, than to try to interpret the hidden code of your text message.

c. Body language

2. What is your communication style?

a. Men and women communicate differently.

i. Women communicate in questions / suggestions / emotions.

When communicating a problem or frustration to a man: Identify the issue - Learn to pose the issue effectively - Zip it - Let him try to fix it - And finally, reward him for fixing the issue.

ii. Men communicate by _____.

b. Everyone has one (5 love languages)

i. Acts of service

ii. Quality time

iii. Physical touch

iv. Gifts

v. Words of affirmation

c. It is important to know how your spouse gives and receives communication.

3. Keys to effective communication.

a. Timing

- When is the best time to communicate crucial things to your spouse / family?
- What's the ebb and flow of your house?
- What's the tempo of your home?
- (director's baton illustration)

b. Balance between listening and talking

James 1:19 "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

c. Attitude

Luke 6:45 "A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.

- i. The heart: cardia - thoughts, emotions, motives, and actions.

4. 4 pillars that you should be communicating about?

a. Faith

- Allow for organic conversations concerning how God has provided, and how you expect Him to continue to do so.

Deut. 6:20-25 "In the future your children will ask you, 'What is the meaning of these laws, decrees, and regulations that the Lord our God has commanded us to obey?'

²¹ "Then you must tell them, 'We were Pharaoh's slaves in Egypt, but the Lord brought us out of Egypt with his strong hand. ²² The Lord did miraculous signs and wonders before our eyes, dealing terrifying blows against Egypt and Pharaoh and all his people. ²³ He brought us out of Egypt so he could give us this land he had sworn to give our ancestors. ²⁴ And the Lord our God commanded us to obey all these decrees and to fear him so he can continue to bless us and preserve our lives, as he has done to this day. ²⁵ For we will be counted as righteous when we obey all the commands the Lord our God has given us.'

b. Family

- We are the Jackson family!

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c. Finances

d. Future