



SMALL GROUPS

Life alone isn't living. We SHARE community.

COMM-UNI-CATION

WEEK 2

10/14/18

Beginning with Adam and Eve, the human race has been believing Satan's lies and embracing them as truth. This is a false belief system. When we operate from a false belief system, those lies come out in our communication. This week we will look at four styles of communication. Be honest with yourself and check to see where you fit. Ask yourself, "Do I need to make any changes? What do I value more, being right or being connected?"

Before we jump in, let's recap the cycle of a false belief system.

Greedy (selfish) lies > Self-protection > Violence (most often verbal) > Drunkenness (filled with our own beliefs and trying to make others believe them as well) > Idolatry (worshipping our own beliefs and calling them God's)

Read Genesis 3:1-19. Do you recognize the cycle of their false belief system? Discuss the steps they walked through and its final result.

Next, we'll look at three of the communication styles Pastor Bob presented on Sunday. They are:

- Passive Communication
- Aggressive Communication
- Passive-Aggressive Communication

Let's take a closer look and unpack the lie and the truth of each one.

Passive Communication –

Lie – "Everyone else is greater than me. They matter – I don't."

They see themselves as long-suffering servants.

Truth – They are lying cowards.

Aggressive Communication –

Lie – “I am greater than everyone else. I am all that matters.”

They see themselves as a “truth speaker”.

Truth – They are arrogant cowards.

Passive-Aggressive Communication –

Lie – “You matter.....no, not really.”

They believe that they are right, and they are truth.

Truth – They are self-deceived cowards.

Take some time to discuss each style of communication. In what ways are these harmful to your relationships? Were you able to identify your own style?

“Fear rides on the back of lies.” Pastor Bob

Discuss the statement above. Notice the aggressive wording in the “truth” section of each communication style. They are each a different type of coward. How does this relate to the quote above?

Read 1 Corinthians 15:33-34 in the KJV and the ESV translations.

How can we apply this to our lives to change our core beliefs and, as a result, the way we communicate?

How do we change our core beliefs? We replace lies with truth.

Let’s examine a godly belief cycle....

Godly mind (we agree with God’s truth) > Confession > Fruit of the Spirit > Filled with the Spirit > True Worship

So, what communication style grows out of knowing and loving the truth? Our fourth style.....

Assertive Communication –

Truth – “You matter and so do I.”

They value honest transparency and are not afraid to show the other person what is happening inside them.

Discuss this final type of communication.

Read Luke 6:45. Discuss how this links back to your core beliefs.

What is the goal, to change our communication style or our belief system?

How do you go about affecting real and lasting change in your core beliefs?

As a group, choose a few verses on truth to memorize together. Pray together that God will ground you in truth and that you will begin to speak life into those around you.

