



Week 3- “Communicate”

We live in a world where relationships are important, they are a huge part of our lives and we long for them to be good and healthy. In this week’s message, We discover what Christianity says about communication and how we can communicate in a way that brings life to our relationships.

1. How have you seen healthy and unhealthy communication impact relationships?
2. How does it impact your relationships when you feel heard?

Read James 1:19-23

3. What do these verses tell you about communication?
4. In what ways is this hard for you to do?
5. What would happen in your relationships if your goal was to make the other person feel heard, instead of thinking about how you are going to respond?

Read John 1:7

6. In what ways do you need Jesus to shine a light on your self seeking tendencies and your need for His help?
7. Discuss the reality that we will never be able to understand each other unless we become quick to listen and slow to speak?

8. With Jesus as your foundation, what does active listening and assertive communication look like practically?

9. What step can you take this week to lean into Jesus for help?

What would happen in your relationships if you were quick to listen, slow to speak, and slow to become angry? Christianity teaches that when we put our faith in Jesus, He puts His Spirit in us to help us acknowledge our need for Him, and He gives us the ability to help us communicate in a way that brings His life into our relationships.