



- **LISTEN** to each other

*“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.”*

**James 1:19 (NIV)**

- **SPEAK** with **Encouragement**

*“Therefore encourage one another and build each other up.*

**1 Thess. 5:11 (NIV)**

- **SPEAK** with **Grace** and **Truth**. *“...speaking the truth in love.”*

**Eph. 4:15 (NIV)**

What is my part in keeping the communication clear, positive, and encouraging?

- a. In what ways could I be a better listener?
- b. What causes me to lose my temper?
- c. What are ways to avoid yelling and outbursts of anger?

In the book **Crucial Conversations – Tools for talking when Stakes are High**. It says that people use one of two methods to avoid difficult conversations:

- 1. They are **Silent** – Masking, Avoiding, Withdrawing.
  - 2. They are **Violent** - Controlling, Labeling, Attacking.
- “Most people toggle between holding back and becoming too forceful.” p.68

- a. In this situation what do I want for me?
- b. In this situation what do I want for others?
- c. What do I want for the relationship? p.43

**4. EVERYONE HAS A LOVE LANGUAGE**

Love is displayed by our Actions.

There are 5 love languages.

- 1. Words of Affirmation
- 2. Acts of Service
- 3. Receiving Gifts
- 4. Quality Time
- 5. Physical Touch

- a. Which one are you?
- b. What are the languages of those in your family?
- c. Think of ways you can love your family through their love language.

**5. AFFIRM & VALUE THE UNIQUENESS OF EACH OTHER.**

*“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of other.”*  
**Philippians 2:3-4 (NIV)**

- a. What are your strengths?
- b. How can you best affirm the strengths in others?

**6. INTENTIONALLY DEVELOP HEALTHY LOVING RELATIONSHIPS**

*“Do not be deceived: “Bad company corrupts good morals.””*  
**I Cor. 15:33 (NASB)**

- a. What are some things I need to do to keep myself healthy?
- b. Who or what will encourage me to be healthy?
- c. Do you have anyone in your life that can hold you accountable?

**NOTES**

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