

Disciples Church

Marriage & Singleness Series - Session 8

“Communication”

Week of February 28, 2018

**Discussion Guide**

Pastor began by talking about why communication was so vital for a healthy relationship.

1. How have you discovered this to be true?

2. What steps have you taken to be mindful and to grow in your communication?

3. Were you surprised at the statistics for just how much of our communication is nonverbal?

4. Why is it important that we pay attention to and look to be good stewards of our nonverbal communication?

**Read James 1:19 together:**

5. Why is listening so important for good communication?

Levels of Listening:

***Ignoring, Pretending, Selective, Attentive, Empathetic***

6. Which of these are you most prone to practice in your current relationships, and what could you do to improve?

**Read Philippians 2:3-4:**

7. How does this Scripture direct and help us when it comes to empathetic listening to others?

8. What is your top love language?

How can you as a group love each other better by knowing each other’s love languages?

9. What convicted you most about how we can have healthy conflict?

10. Why is “empathic listening” so critical for finding resolve in your conflict?

11. Do any of the practical communication tips at the end of the lesson stick out to you in particular?

Pray together to close.

\* Remember to grab the homework sheet for you and your partner to do together and talk about these things.