

Disciples Church

Marriage & Singleness Series - Session 8

“Communication”

Week of February 28, 2018

**HAND OUT**

**Intro: Thriving oneness requires healthy communication**

**What is Communication?**

**1. Communication is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

\_\_\_\_\_\_%=Verbal, \_\_\_\_\_\_%=Sounds, \_\_\_\_\_\_%=body language

**2. Communication is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**James 1:19**Know this, my beloved brothers: let every person be **quick to hear, slow to speak**, slow to anger

Levels of Listening:

***\_\_\_\_\_\_\_\_\_\_\_\_*-** not really listening at all

***\_\_\_\_\_\_\_\_\_\_\_\_*-** “yeah, uh-huh, right”

***\_\_\_\_\_\_\_\_\_\_\_\_*-** Hearing only certain parts of the conversation

***\_\_\_\_\_\_\_\_\_\_\_\_*-** paying attention: focusing body & energy on the words being said

***\_\_\_\_\_\_\_\_\_\_\_\_*-** listening with the intent to understand: seeking to understand before being understood, and getting inside the person’s frame of reference & heart

**Empathy** = Identification & understanding of another's situation, feelings, motives

**Knowing & Practicing Each Other’s Love Language**

For love to really be communicated, it MUST be felt & received by the other person.

1. **Words of Affirmation**
2. Actions don’t always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, “I love you,” are important—hearing the reasons behind that love sends your spirit skyward. Spoken or written words of encouragement or affection mean the world to you. Insults can leave you shattered and are not easily forgotten.
3. **Quality Time**
	* + - 1. In the vernacular of quality time, nothing says, “I love you,” like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved.
4. **Gift Giving**
5. Don’t mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you.
6. **Acts of Service**
7. Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an “Acts of Service” person will speak volumes. The words he or she most wants to hear are, “Let me do that for you.”

 **Physical Touch**

This language isn’t all about the bedroom. A person whose primary language is physical touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial.

**How to Have Healthy Conflict:**

**-Be careful not to ­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**-Beware of “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”**

**Proverbs 29:11 (NIV)**A fool gives full vent to his anger, but a wise man keeps himself under control.

If it wasn’t important enough to talk about it back then, it is off limits now.

-**Keep focused on the issue at \_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

Withdraw; Pick fights just for fun; Yield to other person; Look to compromise; Try to win

-**Work to “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” conflict.**

**Practical Communication Tips**

**Share the \_\_\_\_\_\_\_\_\_\_\_\_ things**.

**Choose your words wisely-**

**Psalm 58:4 (NLT)** They spit poison like deadly snakes; they are like cobras that refuse to listen

**Colossians 3:16 (NLT)** Let the words of Christ, in all their richness, live in your hearts and make you wise. Use his words to teach and counsel each other. Sing psalms and hymns and spiritual songs to God with thankful hearts.

**Hebrews 10:24 (NIV)**And let us consider how we may spur one another on toward love and good deeds.

**Beware of the \_\_\_\_\_\_\_\_\_\_\_ trap.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_together.**