



USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.

Message Recap: Communication is essential in building relationships—all relationships—friendships, parent-child relationships, marriages, business relationships, and even relationships with your neighbors. It is a building block for any successful relationship. But that does not mean it's not...awkward...at times.

» Main Points

- The power of words and active listening.
- Overcoming barriers to effective communication.
- Tools for fostering meaningful conversations.

» Getting Started

- What kinds of conversations are awkward for you?
- How do you prefer to communicate with people: phone, text, Instagram, or another way?

» Observation

- Read and reflect on [Psalm 37:30; Proverbs 12:25; Ecclesiastes 10:12; Colossians 3:8; Ephesians 4:15; James 1:19; Matthew 12:34; James 3:1-6; Genesis 3](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses?



reachout

- Who are the people you need to talk with? Is it your neighbor you're frustrated with, your kid who you don't think is listening, or your spouse who just doesn't get it? Take some time this week to start a conversation and watch your relationship improve.



growdeep

- What are some of the critical components of active listening? Why is this such an essential part of communication?
- Reread [Psalm 37:30; Proverbs 12:25; Ecclesiastes 10:12; Colossians 3:8; Ephesians 4:15; James 1:19; Matthew 12:34](#). What do these passages have in common? Which verse is most difficult for you to put into practice regularly?
- Look back at James 3:1-6. How does the metaphor of the tongue as a small but powerful force reflect the broader implications of speech and communication in shaping one's character and influence within their relationships?



partner with families

- Where is communication lacking for you as a family? Are there things you communicate to other family members, but it seems like they don't hear it...or hear it the way you say it? Outside the heat of that conversation, schedule a time for you and your family to get on the same page. Be sure to listen actively so you can make progress as a family.

» Next Steps and Prayer

- We were challenged to identify someone who needed us to communicate with them, set a time and place for the conversation, and communicate clearly. Share who this person is and commit to having the necessary conversation this week. Remember to:
 - * Be present
 - * Practice good eye contact
 - * Watch for non-verbal cues
 - * Ask open-ended questions
 - * Paraphrase what you heard
 - * Listen to understand, not respond
 - * Withhold judgment and advice.
- Close by asking God to help you step into the awkward and uncomfortable conversations you need to have.