

## SESSION 2 - COMMUNICATION

### Getting Started

Ice Breaker: What is your favorite book & why? (Or share about one that used to be your favorite)

### Take It In (Watch the Video):

- *write out your notes*

### Talk About it!

1. Which of the 3 points from the video stood out to you the most, and why?
2. Read **James 1:19** and **James 1:26**;
  - a. Generally speaking, why does what we say and how we say it matter so much?
3. Who's an example of a person who does great communication with you and what makes their communication so helpful or healthy?
4. Read **Proverbs 15:28**, **Proverbs 18:2**, **Proverbs 18:13**, & **Proverbs 20:5**;
  - a. What happens when we don't level up our listening? How have you experienced a lack of real listening? Which of these verses is God prompting you to really put into practice in a new way? How will you do it?
5. Read **Proverbs 13:3**, **Proverbs 10:21**, **Proverbs 16:24**, **Proverbs 16:21**, & **Ephesians 4:29**;
  - a. How have you seen great good - or great harm - come from patterns of talking? Which one of these scriptures do you feel God prompting you to hone in on to tone up your talking?
  - b. Which of the practical 'talking' directives in the message hit home with you the most? What step will you take with that?
6. Read **Proverbs 12:18**, **Proverbs 15:1**, **Psalms 141:3**, **James 1:19-20**, & **Colossians 3:8**;
  - a. How does anger show up in communication? How have you allowed anger to ruin your communication? What are you learning about how to allay your anger with the Lord? Which verse here are you determined to put into practice in a new way?