

## LEADER GUIDE – SESSION 2

### About this session:

Communication. So much about the way we relate to each other is through our use of words, body language, tone, silence, and all the ways those things can be interpreted. And while good communication is a key factor in healthy relationships, oftentimes we may unwittingly find ourselves communicating in ways that disrupt our relationships instead of strengthening them. In this session, we'll be looking at what God's word has to say about ways we can be intentional with our communication.

If your group has new members, remember, this is still an early stage of group members getting to know one another. Do your best to encourage openness, non-judgment, and curiosity by modeling it yourself. Some people may not feel safe enough to open up in a vulnerable way, and that's okay. Do your best to create an environment where everyone has the opportunity to be heard and loved.

### Getting Started

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

#### **For some extra communication fun:**

Using a tossable object (ball, crumpled paper, etc.), have one person start with the object and answer the question, then toss the object to another person. That person then says the previous person's favorite book and summarizes their "why", before giving their own response to the question then tossing the object to another person who hasn't answered yet.

Repeat until everyone has had a chance to answer!

## SESSION 2 – COMMUNICATION

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

- *write out your notes*

### Talk About it!

*Remember... This section is meant to be a helpful tool to facilitate discussion. Use the provided questions and ask the Holy Spirit to guide the group during this time to bring about a fruitful conversation that will help everyone in the group to grow as disciples of Jesus.*

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**, **Psalm 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?