



LESSON 10 // LEARN RELATIONSHIP LANGUAGE

Big Idea: The quality of your relationships is determined by the quality of your communication—the language you use with others. The reality is that communication happens in relationships all the time; the question is whether your communication will be great, good, weak, poor or destructive. The best communication blesses, nurtures and connects and this is a skill, a learned practice and an art you can develop. Some important skills include listening well, speaking carefully, seeking to understand, avoiding “mind-reading” and projecting, lowering the “temperature” of your interactions, being aware of non-verbals, and seeking peace rather than being contentious or opinionated.

Ephesians 4:29, 30 (NIV) *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.*

Start Talking:

How well do you feel you communicate with others? How well do you think they would say you communicate?

Start Thinking:

Read Philippians 4:6, 7. What do these verses tell you about the value of your communication with God?

What are some of the expressions we all use to communicate (for better or for worse)? Which of these do you need to grow in so you can communicate more effectively with others?

Read Ephesians 4:3, 29, 30. According to these verses, what is the goal of great communication? In what practical ways can you be better at “building others up” in your daily interactions with them?

Read Proverbs 15:1; Romans 12:18; James 1:19. How do these speak to you about the value of learning and developing communication skills? Which of the skills Pastor Dale spoke about do you need to work on the most?

Start Praying:

Pray for God to help you grow in healthy, godly communication skills in all your relationships.

Start Doing:

Look for ways this week to build up people in your communication with them. Be aware of the positive or negative effective of your approach and learn from what you experience. Seek to be better at understanding others and speaking their relationship language so you can bless and encourage them!