



## **Course Name: Home - Communication #2**

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### **Course description:**

Few areas in the home produce greater frustration and problems than communication. Yet, the most important element to resolve conflict is communication. It is important to recognize that good communication is not natural for most couples, and we must remember that “talking” is not equivalent to “communicating.” Effective communication requires much effort because the barriers about when it comes to communication in the home. This lesson explores biblical passages designed to improve our communication within the home.

### **Course Objectives: By the end of this class students will have:**

- A. Reviewed at least five of the barriers to effective communication developed last week.
- B. Reviewed the five love languages of marriage and their role in effectively communicating love in the home.
- C. Listed at least four biblical passages that demonstrate the principles of communication that ultimately affect the home.
- D. Listed a minimum of two ways we can improve communication.

### **Outline of the class:**

- A. Spend the first five to ten minutes of class reviewing at least five of the barriers to effective communication and the role of the five love languages of marriage to effectively communicate love in the home.
- B. Keep the class in groups of 3 or 4, give each group a concordance, and ask them to take 10-15 minutes to find and list out as many passages as they can find that deal with various components connected to the concept of communication (words, actions, heart, etc.).
- C. Once completed, ask each group to share their lists. Write the passages on the whiteboard for discussion. A few areas to consider, if they are not mentioned by the groups, are listed below.
  - 1. Actual words are important: Ephesians 4:29
  - 2. Attitude expressed in our words: Colossians 4:5-6
  - 3. Think about the warnings associated with our words.
    - a. Power of life and death is in the tongue: Proverbs 18:21
    - b. Every careless word spoken we will give account for: Matthew 12:36-37

4. Preaching involves communication: Matthew 28:19-20; Mark 16:15
- D. Ask these same groups to take 5-10 minutes and list at least two ways we can improve communication in the home.
- E. Once they make their list, ask each group to share one way and go around the room until everyone has shared their list. Write their answers on the whiteboard. A few ideas to keep in mind, if they are not shared by the groups, are listed below.
1. Learn to use words that do not require someone to find a dictionary to understand what is meant by what is said.
  2. Learn to pray before we speak and ask God to help us communicate effectively, which may include learning to be a better listener.
  3. Speak simply and clearly. DO NOT assume people know what we are thinking. They don't, so tell them.
  4. Set the right example in our life as a foundation for what we want to say.
    - a. People always listen to what we say and measure it by how we live (Galatians 2:20).
    - b. Paul expressed the importance of this thought to Timothy (1 Timothy 4:12 and 16).
  5. Learn to listen to the words, tone of voice, heart, body language.
    - a. Remove distractions when necessary.
    - b. Devote a specific time where we can give our undivided attention.
    - c. Force ourselves to listen until the person is finished. Do not sit there thinking of a response and wait until the person draws breath to jump in and start speaking.
    - d. Look people in the eye.
  6. A good practice is the "Three-Question Concept." The idea is to always prepare three questions that are open-ended that we want to know about the other person and what they think.

Conclusion:

- A. Communication in the home is vital to the success of relationships between husbands and wives, parents and children, brothers and sisters.
- B. If we take time to consider the barriers to communication, the need to communicate love, what the Bible teaches about communication, and how we can communicate more effectively, we will make great strides in changing the dynamics of the home.
- C. Take time this week to focus on how we can use at least one of the ways we've described to improve communication in our home.