



Week 3 – Turn the Music Down

Announcements

Kids Camp – June 21 – 24, June 28 – July 1 | Loranger, LA
 Biblical Foundations – starting June 14, (but it is not to late to join) | LCC
 Men’s Conference 2010 – August 13-14 | LCC
 Night of Encouragement with Jim Laffoon – June 27 | LCC

Warm-Up

When you were a kid, who did you relate to the best (this could be a friend, parent, teacher, coach, etc.)? Why do you think you could relate so well with them?

Word

Communication is the life blood of relationships and it is important when communicating with others we make sure we get it right. **1 Peter: 3:7** says, “Husbands, likewise, **dwelt with them with understanding**, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.” This verse is not speaking only to husbands, but it emphasizes the principle of understanding one another in all relationships. Today, in our time together, we are going to go over **3 keys to improving your communication**.

1) Understand the personality strengths and weaknesses of one another

Description/ Source	DISC System	LaHaye/Littauer (Spiritual Temperament/ Personality Plus)	Smalley (Two Sides of Love)
Dominant, driver, task- oriented	D	Choleric	Lion
Inspirer, influencer, people-oriented	I	Sanguine	Otter
Stable, steady, people-oriented	S	Phlegmatic	Golden Retriever
Compliant, correct, task- oriented	C	Melancholy	Beaver

- How can we use the knowledge of personality styles to help us in our relationships?
- Can you identify your personality strengths and weaknesses? What are they?

- Are you aware of the personality types of the key relationships in your life?

If we begin to understand the different ways God created people, then we will begin to appreciate them for their strengths and not focus on their weaknesses.

2) Understand basic gender differences

Men and women have very different communication styles and we must learn to value each of them because God created them that way.

- What challenges do you face in communicating with the opposite gender?
- What can you do to improve your communication with the opposite gender?

3) Listening skills

James 1:19 says, *“So then, my beloved brethren, let every man be **swift to hear, slow to speak, and slow to wrath.**”*

A way to remember this is to use the acronym C.A.R.E.

C – Connect

- Communication is more than just what you say, but it is how you interact with others.
- Communication is 55% body language, 37% tone of voice and only 8% the words we use.
- Read **Mark 5:25-34**. How did Jesus connect with this woman, and what can we learn from Him concerning how we relate to others?

A – Attention

- Attention means giving your focused time and energy to someone in order to communicate better.
Discuss the importance of focused attention when communicating.

R – Reflect

- Reflecting is when we take the time and emotional energy to consider and process what is being said to us.
Discuss how we can reflect and ask the right questions to listen effectively.

E -- Empathize

- Empathy is the characteristic of healthy communication that places the emphasis on understanding rather than being understood.
Discuss what it is like to empathize with someone. Why is this important?

Personal Application

What is one step you can take to improve your communication skills?

Prayer

Ask for prayer requests and also take time to share any answered prayer.