



Turn The Music Down! – Week 3

DISCUSSION GUIDE

Overview

In the third message of the series entitled, *Road Trip: Navigating Life's Relationships*, we will focus on enhancing our communication in relationships.

Discussion Questions

In order to have healthy relationships, we must learn to communicate effectively and understand each other.

Three Keys to Improving Your Communication in Relationships:

1. Understand the personality strengths and weaknesses of others.

Remember the four different personality types:

D - A *Driver* is very goal and action oriented. The key to communicating with them is being direct and factual. A D's core fear is being taken for granted.

I - An *Influencer* is great at communicating and very outgoing. The key to communicating with them is giving them time to share their thoughts and including them in the conversation and the process. An I's core fear is being rejected.

S - The *Steady* personality type loves routine and is security based. The key to communicating with them is providing lots of affirmation and slowly introducing changes. An S's core fear is change.

C - The *Compliant* personality type is precise and analytical. The key to communicating with them is providing lots of affirmation of both their work and their personal qualities. A C's core fear is being evaluated.

*For additional resources, visit ChurchoftheKing.com/DISC.

We will always be in relationships with others that have different personality strengths and weaknesses. If we don't understand differences in personality, we can easily live in frustration. When we dwell with understanding, we are able to appreciate their strengths.

- Which personality type do you relate to? How have you seen these personality strengths and weaknesses affect your relationships?

2. Understand basic gender differences.

God made us uniquely. **Genesis 1:27** says, "**So God created man in His own image; in the image of God He created him; male and female He created them.**"

God created men and women different physiologically, biologically, emotionally, and relationally. Men and women were created to think and communicate in different ways.

Men have Four Levels of Communication:

- a. Grunt Level - "uggh, huh?"
- b. Cliché Level - "Everything's great!" "God is good!"
- c. Facts Level - Men are headliners, women need details.
- d. Heart Level - Intimate, deep conversation. This is challenging, but highly rewarding.

Proverbs 20:5 says, "**Counsel in the heart of man is like deep water, but a man of understanding will draw it out.**" Our relationships will flourish as we break down communication barriers. These barriers will disappear as we gain understanding and invest the time and work to grow in our communication.

- How can we break down communication barriers and get to "heart level" communication with others?

3. C.A.R.E. to listen.

James 1:19 says, "**So then, my beloved brethren, let every man be swift to hear, slow to speak, and slow to wrath.**" When James is talking about communication, he puts a major emphasis on listening. Here are some practical listening skills:

C - Connect. In **Mark 5**, Jesus interacts with a woman who has a blood disease. Even though she received her healing after touching the hem of His garment, Jesus still wanted to have a personal encounter with her and connect with her. **Mark 5:34** says, "**And He said to her, 'Daughter, your faith has made you well. God in peace, and be healed of your affliction.'**" Jesus knew that connection was necessary to convey to the woman the meaning of her healing.

A - Attention. After connecting with others, it's important that we focus and pay attention as we listen.

R - Reflect. Reflecting is when we take the time and emotional energy to consider and process what is being said to us. One way we can reflect is by asking questions that will show the listener we are truly hearing what they are saying while helping them completely communicate their thoughts.

E - Empathize. Empathy is the capacity to feel someone else's pain. Empathy is the characteristic of healthy communication that places the emphasis on *understanding* rather than being *understood*.

- Why is listening a crucial part of effective communication?
- What part of the C.A.R.E acronym do you regularly practice? Which area do you want to improve in?

Life Challenge

Spend time with God this week and reflect on how you communicate with others. Ask the Holy Spirit to reveal the areas of communication you need to improve, and practice effective communication in your relationships.

Prayer

God, thank You for creating us uniquely and giving us all different strengths. Help us to break down communication barriers, and give us wisdom and understanding as we begin to communicate effectively with others. Amen. Pray for the specific needs of the group.