



It's important that God's Word continues after the message. At Celebrate, we find that you will quite often talk over this week's message long after our experience is over. That's because God has impact. The Sermon Discussion Guide is designed to help you continue the conversation all week.

Communicating for a Lifetime

Communication is a learned skill, not one that happens automatically. There are basic moves to the communication "dance". Once these are learned, the possibilities and rewards of being a better communicator are endless. God desires for us to communicate with each other using patience, grace, and understanding. Effective communication includes 3 main parts: verbal, tone/volume, and body language. Frustration comes when you send double/mixed messages. From God's Word, here are 3 keys to improving your communication skills.

1. Be Quick to **Listen** – Listening is the key to, and largest piece of, communication. Our busy lives seem to sometimes dictate whether we take the time to listen or not. Do you listen with your eyes, with a generous heart, and without interrupting? Are you aware of your best time to talk with someone?

Proverbs 18:13; Psalms 49:2; Matthew 13:16

2. Be Slow to **Speak** – Most, if not all of us, have said something that we have regretted at some point. Think before you speak. Our emotions, daily weariness and frustration put our mouths in gear before our minds. How could including phrases like "I'm sorry", "I was wrong", "I am proud of you", and "Thank you" change your communication with others?

Proverbs 15:2; Ephesians 4:29; Proverbs 15:1

3. Be Slow to get **Angry** – Often, in the heat of the moment, we don't allow ourselves time to use a 10 second window in order to seek God's counsel before we speak. Approach confrontation prayerfully. Be calm, be kind, be specific, be gracious and initiate reconciliation. What has been your approach in handling anger? What ways can you improve your reaction and speech in these moments?

Ephesians 4:32; James 1:5; Galatians 6:1

What's Next

- Set a time with your partner for best communication.
- Practice using kind words.
- Remember to give 10 seconds of grace before speaking by seeking God's counsel.
- Who can you share Jesus with this week?