

Communication: Mastering the Art of Communication

“The tongue has the power of life and death...” Proverbs 18:21

Open:

When it comes to communication style, are you a person who thinks before they speak or speaks and then thinks of why you said what you said?

The Power of the Tongue:

The tongue can be used in two primary ways:

1. Construction

“So speak encouraging words to one another. Build up hope...” 1 Thessalonians 5:11 (Message)

“...the tongue of the wise brings healing.” Proverbs 12:18

On a scale of 1 to 5 with 5 being always constructive and 1 being never constructive, where do you rate?

1 2 3 4 5

2. Destruction

“So also the tongue is a small thing, but what enormous damage it can do. A great forest can be set on fire by one tiny spark. And the tongue is a flame of fire. It is full of wickedness, and poisons every part of the body. And the tongue is set on fire by hell itself and can turn our whole lives into a blazing flame of destruction and disaster.” James 3:5-6

“Reckless words pierce like a sword...” Proverbs 12:18

On a scale of 1 to 5 with 5 being never destructive and 1 being always, where do you rate?

1 2 3 4 5

From whom did you learn these communication patterns?

“If we’re serious about having meaningful, fulfilling, productive relationships, we can’t afford to let inadequate communication skills carry our conversations.” Gary Smalley and John Trent, The Language Of Love, 8.

The Five Love Languages and Communication

How can knowing the love language of your spouse help you to communicate more effectively?

Discuss each Love Language and have group members assess which of the love languages is their primary love language.

Love Language #1: Words of Affirmation

“Pleasant words are a honeycomb, sweet to the soul and healing to the bones.” Proverbs 16:24

Definition: Verbal compliments or words of appreciation

Examples of such words:

“You look sharp in that suit”

“I really like your hair”

“Dinner was great”

“I really appreciate you taking out the garbage”

“If we are to develop an intimate relationship, we need to know each other’s desires. If we wish to love each other, we need to know what the other person wants.” Gary Chapman, The Five Love Languages, 47.

Love Language #2: Quality Time

Definition: Giving your mate your undivided attention.

“Many of us...are trained to analyze problems and create solutions. We forget that marriage is a relationship, not a project to be completed or a problem to be solved.” Gary Chapman, The Five Love Languages, 62.

Quality Time Exercise

(20 Minutes per day)

1. Maintain eye contact when your mate is talking.
2. Don't listen to your mate while doing something else.
3. Listen for feelings.
4. Observe body language.
5. Refuse to interrupt .
6. Don't think about your response.

Which of these quality time exercises is easiest for you? Which is the most difficult?

Love Language #3: Receiving Gifts

Definition: Viewing gifts as visual symbols of love

“A gift is something you can hold in your hand and say, ‘Look, he was thinking of me,’ or ‘She remembered me.’ You must think of someone to give him a gift. The gift itself is a symbol of thought. It doesn’t matter whether it costs money.” Gary Chapman, The Five Love Languages, 74.

If receiving gifts is your love language, what type of gifts would you most like to receive?

Love Language #4: Acts of Service

“...serve one another in love.” Galatians 5:13

Definition: Doing things you know your spouse would like for you to do

“You seek to please her by serving her, to express your love for her by doing things for her.

.” Gary Chapman, The Five Love Languages, 87.

If acts of service are your love language, what type of service would you most like to receive?

Love Language #5: Physical Touch

Definition: Holding hands, kissing, embracing and sexual intercourse as a means of expressing and receiving love.

What is the difference between “physical touch” and sexual intercourse?

“For some individuals, physical touch is their primary love language. Without it, they feel unloved. With it, their emotional tank is filled, and they feel secure in the love of their spouse.” Gary Chapman, The Five Love Languages, 104.

How can things like holding hands, kissing, embracing and sexual intercourse among married couples fill emotional tanks and develop a sense of security?

“Each of us needs four hugs daily to survive, eight to stay emotionally healthy and twelve to grow.” Virginia Satir

Communication Exercise

Break into couples and do the following Communication Exercise.

Look over the following list of ways to express love. In the first column, rank each one in order of importance to you. (1 being the most, and 6 being the least).

How do you think your partner would rank them? Enter your estimate in the second column. When you compare your lists, enter your partner's ranking in columns 3 & 4, then discuss your findings.

(1) I like to receive love...	(2) I think my partner likes to receive love...	(3) My partner likes to receive love...	(4) My partner thinks I like to receive love...
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Love languages

Words of Affirmation

(saying, "I love you"; expressing Appreciation, compliments)

Quality Time

(Spending time together; being Willing to share; doing things Together...)

Receiving Gifts

(small gifts, cards, flowers Clothing...)

Acts of Service

(Doing chores, handyman Jobs...)

Physical Touch

(hugging, kissing, holding hands, Back rub...)

Close

How can you maximize communication with your spouse by regularly remembering their love language?

Pray that God would help each couple learn how to communicate effectively.