

**Introduction:** It all started with “the car.”

**The issue: Communication or Chaos**

**Understanding the communication process:**

- **Definition:** The meeting of \_\_\_\_\_.

“Communication is the privilege of exchanging vulnerabilities.”

Norman Wright

“Communication is the process of sharing yourself verbally and nonverbally in such a way that the other person can both accept and understand what you are saying.”

Norman Wright

- **The Complete Message**

Words Alone = 7% of meaning

Tone of Voice = 38% of meaning

Facial Expression }  
Gestures - Posture } = 55% of meaning  
Total Non-Verbal }

- **Five levels of communication:**

Level	Type	Description
<b>Level 1</b>	Cliché Conversations	Safe, shallow, polite
<b>Level 2</b>	Reporting Facts	Refers basically to third person
<b>Level 3</b>	Ideas or Judgments	Risk begins here (attachment of self with facts)
<b>Level 4</b>	Feelings and Emotions	Laying self on the line
<b>Level 5</b>	Open Communication	Total honesty, "mutual understanding," vulnerability

From *Why Am I Afraid To Tell You Who I Am?* by John Powell

## 5 Principles that will transform communication in your home:

1. \_\_\_\_\_ - **Speak the truth in love.**

*...but speaking the truth in love, we are to grow up in all {aspects} into Him, who is the head, {even} Christ...*

*Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another.*

Ephesians 4:15, 25

2. \_\_\_\_\_ - **Deal with anger appropriately.**

*Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.*

Ephesians 4:26-27

3. \_\_\_\_\_ - **Work hard on your relationships.**

*He who steals must steal no longer; but rather he must labor, performing with his own hands what is good, so that he will have something to share with one who has need.*

Ephesians 4:28

4. \_\_\_\_\_ - **Don't wound with your words.**

*Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.*

Ephesians 4:29-31

5. \_\_\_\_\_ - **Be the first to say, "I'm sorry."**

*Be kind to one another; tender-hearted, forgiving each other, just as God in God in Christ also has forgiven you.*

Ephesians 4:32

**Practical skills and suggestions to enhance communication:**

- **The conference** - A tool for \_\_\_\_\_

Ask Three Questions: 1 - What are you concerned about?

2 - What do you wish?

3 - What are you willing to do?

- **Word pictures** - A tool for \_\_\_\_\_

## **Discussion Questions:**

1. What did you learn about communication that was new or helpful to you?
2. Which of the Five Biblical Principles concerning communication from Ephesians 4 do you do well?
3. With whom do you need to communicate better?
4. Which of the Five Biblical Principles of communication do you need to work on?
5. Which of the skills shared do you think would help your relationships the most?  
The conference? Word pictures? Why?
6. What specific step of faith are you going to take to improve your communication with friends, family, coworkers?

Other resources:

Communication – Key to Your Marriage by Norman Wright  
Relationships by Drs. Les and Leslie Parrott