**Communications**

**Session Goal:** To encourage participants to communicate with God and to be Christlike in all their communications.

**So What?**

As you view the video, consider these questions.

* What do you think about Melissa’s concern that her group is not really listening to her? From your perspective is she right or wrong in her statement?
* What are some ways that technology may compromise good communication?
* Describe a time when you felt technology got in the way of communication.
* What are some ways in which technology can be used to increase communication effectiveness?
* What do you think about the way Melissa communicated her frustration? Do you think she was effective in voicing her concerns?
* What other ways might she have communicated her frustration without making everyone defensive?

**What Does the Bible Say?**

Read Ephesians 4:25-32.

In verses 15 and 25, “speaking the truth (in love)” is commanded. What do you think is meant by that phrase?

Can a person speak truth without love? Note a time when the truth was spoken to you “in love” and a time when “love” was not communicated clearly.

What do you think is meant by the phrases “unwholesome talk” and “helpful for building others up” (v. 29)? What kind of adjustments may need to be made in your “talk”? What are some ways you can “build others up?”

Remember communication is both verbal and non-verbal. How do you think one can “get rid of” the ungodly characteristics listed in verse 31?

Read James 3: 1-12.

What conclusions do you think James is drawing by using the analogies of “bit” and “rudder” and “small spark” when speaking of the tongue?

What are the consequences of an untamed forest fire? What forest fires have you witnessed that were caused by the tongue?

**How Does this Affect My Life?**

In the video, Jennifer wants the group to remain honest and real while being encouraging and edifying. What are some issues your group may need to address in order to “speak the truth in love” to each other?

Consider the discussions and conversations with your group. How might you make them more encouraging and edifying?

Consider your conversations with friends, family and co-workers. Are they lovingly truthful? Are they uplifting and supportive? What changes might you need to make to align them with God’s Word?

Are you words mostly “praise” or mostly “cursing”? How might your sisters in Christ help you be accountable for your words?

**Now What?**

Option One

Think of a relationship in your life that could be improved by better communication. Tell the group how they can support you. Promise to pray for each other.

Option Two

Read Psalm 19:14: “May the words of my mouth and the meditations of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.” Covenant to pray this verse for each other this week. Write this verse of a card and put it where you’ll see it every day.