



How Communication Hurts or Helps

9/5/18

The Issues of Communication:

- **Differences**
- **Security**

What Hurts Communication:

- 1. Harsh beginnings**
- 2. Criticism (Romans 14:13; Matthew 7:3-4)**
- 3. Contempt (1 Peter 3:10)**
- 4. Defensiveness (Luke 21:14)**
- 5. Silent treatment**

6. Dominating

7. Body language

8. Counting failed repair attempts

1 Peter 3:10

What Help's Communication:

1. Touch (Luke 18:15)
2. Timing (Proverbs 15:28, 16:23)
3. Calm (Proverbs 15:1)
4. Focus on listening (James 1:19)

Questions

Describe your home and communication style you experienced in your home growing up? What affects did that particular style of communication have on you today?

When is communication the easiest for you? The most difficult for you?

How and why would Satan benefit from our communication failings?

Which behaviors that “hurt and help” our communication are you most guilty of and most hurt by? How can you change?

How do you think change can and will take place in your relationships?