

GROWING KINGDOM FAMILIES
Communication
“Can You Hear Me Now?”
Sermon Notes 8
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Series: Growing Kingdom Families

Text: Proverbs 15:1-4, 23

Subject: Communication

Title: “Can You Hear Me Now?”

Notes:

- *“The biggest problem with communication is the assumption it has taken place”*—George Bernard Shaw.
- According to Dr. Gary Smalley, ineffective **Communication** is the number-one problem in relationships
- Women speak an average of 25,000 to 50,000 words a day; most men speak only 12,000 to 25,000 words a day.
- No two people can effectively walk together, work together, or live together without good communication.
- If we are going to communicate effectively in our marriages, we will do well do understand some important **Communication Principles**.

1. COMMUNICATION IS A BASIC ACT OF THE WILL

- a. Free-flowing communication does not come Naturally.
 - i. We cannot know each other unless we **choose** to confide in each other.
 - ii. Openness and Honesty are essential to good relationships.
- b. 2 Cor. 6:11-13

2. COMMUNICATION HAPPENS ON DIFFERENT LEVELS

- a. Level 1—Speak In Clichés
- b. Level 2—Share Facts
- c. Level 3—State Opinions
- d. Level 4—Share Feelings
- e. Level 5—Reveal Needs

3. COMMUNICATION EXPERIENCES CONFLICT

- a. Deal With Anger
 - i. Sometimes a temporary **Time-Out** is needed
 - ii. **Examine** your anger
- b. Take Turns Talking
- c. Practice Listening
- d. Listen to Facts and Feelings
- e. Seek to Understand
- f. Express Understanding
- g. Ask, “What can I do to **Help?**”

4. QUALITIES OF EXCELLENT COMMUNICATION

- a. Clear
- b. Open and Honest
- c. Timely
- d. Accurate

5. COMMUNICATION TIPS FROM PROVERBS

- a. Your Communication Can Escalate Anger or Extinguish It—**Prov. 15:1**
- b. Your Communication Can Help or Hurt--**Prov. 12:18, 25; 15:4a; 18:21a**
- c. Your Communication Can Bring Delight To Others—**Prov. 25:11**

***The 5-Point Outline Was Original With John MacArthur**