

III. **PRACTICE** SKILLS TO IMPROVE COMMUNICATION

Communication is the **lifeblood** of relationships.

A. **Praying** about your words.

“Set a guard, O LORD, over my mouth; Keep watch over the door of my lips.” Psalm 141:3

B. **Listening** well.

“He who answers a matter before he hears it, It is folly and shame to him.” Proverbs 18:13

C. **Speaking** kind words.

“He who would love life And see good days, Let him refrain his tongue from evil, And his lips from speaking deceit.” I Peter 3:10

D. **Powering** down distractions.

“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;” James 1:19

Are You Enjoying Deep Love Through Communication?

“Above all, love each other deeply” I Peter 4:8

DEEP LOVE ~ ENJOYING STRONG RELATIONSHIPS

Communication

Pastor Steve Reynolds

INTRODUCTION

A. No one wants a shallow relationship, right? We want to sink the roots of our relationship deep into love. Deeper conversations and bonding. Deeper intimacy and passion. And that’s exactly what the *Deep Love* relationship series can do for you. It’s for couples and individuals who want to move from broken to better as well as those moving from good to great.

“Above all, love each other deeply” I Peter 4:8

B. This series will help you learn how to enjoy strong relationships and make your relationships everything you want them to be.

Feb 12	Personality
TODAY	Communication
Feb 26	Conflict
Mar 5	Intimacy
Mar 12	Adaptability
Mar 19	Harmony

C. **TEXT:** Ephesians 4:29 (Pew Bible/Pg. 1148/New Test.)

“Corrupt communication” (negative) **divides** relationships and “edifying” communication (positive) **unites** relationships.

HOW TO ENJOY DEEP LOVE THROUGH COMMUNICATION

I. IDENTIFY LEVELS OF PRESENT COMMUNICATION

The number one problem couples face in marriage is a **breakdown** in communication.

A. The **mean** level.

You speak destructive words.

B. The **grunt** level.

You speak minimal words.

C. The **journalist** level.

You speak factual words.

D. The **feelings** level.

You speak heart words.

II. ESTABLISH QUALITIES FOR BETTER COMMUNICATION

Good communication is build first on **who** you are and only later on what your do.

A. **Genuineness**

“And they were both naked, the man and his wife, and were not ashamed.” Genesis 2:25

B. **Encouragement**

“but exhort one another daily, while it is called “Today,” lest any of you be hardened through the deceitfulness of sin.” Hebrews 3:13

C. **Warmth**

“Therefore comfort each other and edify one another, just as you also are doing.” I Thessalonians 5:11

D. **Empathy**

“Bear one another’s burdens, and so fulfill the law of Christ.” Galatians 6:2

E. **Balance**

“but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—“ Ephesians 4:15