

# Relationships

LAST A LIFETIME

SUNDAY, JUNE 7, 2015

PART 3: CRACKING THE COMMUNICATION CODE

## LEVELS OF COMMUNICATION

### Level 1: Hallway Talk – “Fine, how are you?”

This level involves surface talk – the nice, polite things we say to one another throughout the day, the expected things.

### Level 2: Reporter Talk – “Just give me the facts.”

This level involves only the facts: who, what, when and where. You tell each other what you have seen and heard, when and where it took place, but you share nothing of your opinions about the events.

### Level 3: Intellectual Talk – “Do you know what I think?”

We are now sharing our opinions, interpretations, or judgments about the matter. We are letting another person in on how we are processing the factual information in our minds.

### Level 4: Emotional Talk – “Let me tell you how I feel.”

We share our emotions and how we feel about things. “I feel hurt, disappointed, angry, happy, sad, excited, bored, unloved, romantic, or lonely.”

### Level 5: Loving, Genuine Truth Talk – “Let’s be honest.”

We are able to share on an intimate (inward) level. We tell the other person everything. There is absolute truth and transparency.

*James 1:19-20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.*

## COMMUNICATION GUIDE

### ➤ QUICK TO LISTEN – The \_\_\_\_\_ of our communication.

Proverbs 18:13 To answer before listening—that is folly and shame.

1. C \_\_\_\_\_ on them.

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2. C \_\_\_\_\_ with your spirit, soul, and body.

- Hearing involves just the ears while listening involves the \_\_\_\_\_.

3. C \_\_\_\_\_ their point of view.

### ➤ SLOW TO SPEAK – The \_\_\_\_\_ of our conversation.

Colossians 4:6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

1. C \_\_\_\_\_ of what you heard.

2. C \_\_\_\_\_ or celebrate the information shared.

3. C \_\_\_\_\_ or closure of the topic.

### ➤ SLOW TO BECOME ANGRY – The \_\_\_\_\_ of our conversation

Proverbs 15:18 A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

A - When you see A \_\_\_\_\_

H - It is usually covering a H \_\_\_\_\_

E – From an unfulfilled E \_\_\_\_\_

N – Of a N \_\_\_\_\_ in your life