

Module 3 Lesson 1

The 4 Levels of Communication

KEY IDEA

Healthy communication moves from surface-level exchanges to deeper heart-level connection, and intimacy grows as couples learn to communicate on the deepest levels.

KEY SCRIPTURES

- Luke 6:45 – “For the mouth speaks what the heart is full of.”
- James 1:19 – “Be quick to listen, slow to speak, and slow to become angry.”

LESSON & NOTES

4 Levels of Communication

C _____

F _____ & F _____

T _____

F _____

KEY POINTS

- Communication has depth, and most couples remain on the surface (Cliche & Facts)
- Growth occurs when spouses intentionally move toward sharing thoughts, feelings, and desires
- Heart-level communication requires humility, listening, and safety
- The deeper the communication level, the deeper the connection

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HeartWork

WHAT LEVEL?

1. Look at these 4 Levels of Communication. Where do you and your spouse spend most of your time in communication?

Are you pleased with this, or would you prefer to be at a different level?

Discuss this with your spouse and use the space below to jot down your thoughts.



2. Problems occur at every level. Consider your discussions & arguments. Where do you think you (personally & as a couple) get caught up the most and are unable to go deeper in your relationship? Cliché? Facts & Fixes? Thoughts? Or Feelings?



3. Do you believe that you are consistent with hearing, understanding, and considering your spouse's thoughts and emotions? How can you improve in this area?
4. Do you believe your thoughts and feelings are being heard and considered? When do you feel they are most heard and considered? When are they least considered?
5. How frequently do you turn to "fixes" when your spouse talks to you about a problem or a struggle in the day? Would your spouse agree with your assessment?
6. If your spouse turns to fixes, will you let them know that you are just sharing your heart and looking for a listening ear?
7. If you're not sure how to respond to your spouse, will you ask your spouse if they are looking for a listening ear or if they're seeking feedback?