

Module 3 Lesson 5

SkillSet

KEY IDEA

Healthy communication requires intentional skills. When we speak thoughtfully—with both truth AND love—we create an environment where connection and understanding can grow.

KEY SCRIPTURES

- Eph 4:15 - “Instead, speaking the truth in love, we will grow...”
- Matthew 7:3 - “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?”
- James 3:1-12 - “Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.”

LESSON & NOTES

“To Know & Be Known”

To be known, we need to be v_____

To be known, we need to know our e_____

I-Message: “I feel_____ when you _____.”

Speaking Truth in Love

“Truth without love is harshness; it gives us information but in such a way that we cannot really hear it. Love without truth is sentimentality; it supports and affirms us but keeps us in denial about our flaws.” - Pastor Tim Keller

Tips/Skills

- Be aware of your n_____ communication
- Are you being clear & c_____
- S_____ down
- Allow s_____

KEY POINTS

- Communication is a set of skills that can be learned and strengthened
- How we speak—tone, timing, clarity, and phrasing—impacts connection
- Good communication is intentional, not reactive
- Skillful communication reflects Christ’s love, humility, and truth
- Our speaking will reflect what is in our hearts

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HeartWork

“What areas do you feel you’ve made progress in your communication?”

To be known by our spouses, we must be willing to be vulnerable – to know what’s going on inside of us, and then share that with our spouses. **How vulnerable are you in your communication with your spouse?**

How would addressing your own heart and actions before confronting your spouse (log & speck), help prevent defensiveness and promote connection?

How can you add more truth or love to your communication with your spouse?

If you were to look in the mirror or record yourself when you communicate with your spouse, what would be revealed about your non-verbal communication (eyes, body posture, voice level, hands, physical touch)? What does your spouse’s non-verbal communication tell you? Discuss this with each other.

When you speak to your spouse about something that bothers you, do you tend to say too much, or too little?

If you say too much, what do you do? Repeat yourself? Preach? Lecture? Go into story mode? Bring up multiple historical points? If you say too little, are you sharing your heart at all or saying little out of fear? If so, what is the fear?