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MINISTRIES DEPARTMENT

COMMUNICATION

Being able to communicate is unquestionably the most important human survival skill.

Typically, nobody teaches us how to communicate effectively, yet our whole existence depends on our ability to transfer information from ourselves to others and build relationships with them.

Good communication is a wonderful gift and provides the key to;

- a) Understanding
- b) Friendship
- c) Intimacy

Through good communication we give and;

- I. Receive
- II. Express our thoughts
- III. Express our feelings
- IV. Acquire an expression of others needs and wishes.

The Bible writers speak of the powerful effect that words can have in our relationships. “Recognizing that the goal of all communication is to bring out the best in others not cut them out” (Colossians 4:6) and Paul admonishes us “to speak and recognize that honesty and openness in our relationships with one another is an important ingredient to making intimate connections. (Proverbs 24:26 –NIV)

The wise man Solomon endorses that concept that “cutting words wound and maim” but kind words HEAL and HELP” (Proverbs 15:4 TM)

COMMUNICATION IS VITAL TO MARRIAGE; through the process of dialogue:

- I. A couple access and articulate feelings
- II. Resolve differences
- III. Share personal ideas
- IV. Share personal beliefs and values

Unique patterns of interacting with one another based on

- a) Expressions
- b) Gestures
- c) Exchanges and symbols develop creating for them, a relationship that either strives or thrives. Their own special style of communicating form a powerful emotional bond of shared meaning and enjoyment (prayger, 1995, p. 57)

dominant of relationship satisfaction” Reliable research (Hiltsman, 1997,p395) Feeney, Noller and ward, 1997, pg.160 – the degree of positive regard that marital partners have for each other;

- a) The amount of their interaction
- b) The effectiveness of their communication
- c) The level of emotional gratification they enjoy.

All contribute towards their sense of fulfillment, stability ad satisfaction in the relationship – pg 161,162.

In order to have an effective communication for couples, there is need to acknowledge the following six principles:

1. **THE SKILLS OF COMMUNICATION ARE LEARNED.** Learning to communicate effective is a skill we all need to be taught. Building better relationships is learned through developing the skills
  - I. Of self awareness
  - II. Of self disclosure
  - III. Empathic listening
  - IV. Responding ad confirmation.
2. **IT IS IMPOSSIBLE NOT TO COMMUNICATE.** “Many people do not understand this. Many limit their concept of communication to words – but fail to realize that communication is going on whenever we are in the presence of someone else. Even if we are communicating that, we want to have nothing to do with them”
  - A. Communication involves words
  - B. But it is bigger than mere words.
    1. It takes several forms
      - I. Verbal
      - II. Non-verbal
      - III. Written e.g sms on phones.

Communication occurs at three levels:

- I. **CONTENT** – what is being shared
  - II. **FEELING** – how you feel about the content and relate the message
  - III. **MEANING** – the interpretation ad value we attach to the message and our emotional response to its content.
3. Our ability to dialogue with, our ability to listen to and connect with others is heavily influenced by the level of our self esteem.



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rselves, is immersed in feelings of;

- inferiority
- Inadequacy
- Self pity

Then we become distracted or unfocused in our communication with others.

4. Empathic listening is vital part of good communication. In most cases it is not what we say that counts the most; in the process of communication BUT what others hear you say that matters.

The art of listening

- Accurately receiving and interpreting the message is ultimately more significant than the sending of the message. E.g. Say something to someone then on to another in that group. **First seek to understand, and then be understood.**
- 5. **Playback before talk back.** We always need to check out what we heard the other person say. Make sure that we are not making any incorrect assumptions about the message we have received. So often our own biases, prejudices can cause us to make inaccurate or faulty interpretations.
- 6. Feelings are the essence of effective communication. All communication involves the expression of emotion, either through the direct expression of positive or negative feelings or through the intent or innuendo language. It is a critical factor to have the ability to identify and understand the feelings being expressed. **“feelings are the gateway to a persons heart and soul”**

Connecting with another person feeling constitutes the most powerful, important part of the intimacy process. When we truly connect with feelings;

- I. There is a sense of closeness
- II. There is a sense of vulnerability
- III. There is a sense of genuineness

Frequently, the emotional connection between two people at the feeling level is something that happens beyond the use of words. These principles highlight the need for marital partners to use and develop the skills and behaviors critical to;

- a. Growing a strong, healthy relationship
- b. Growing a strong, healthy church
- c. Growing a strong healthy nation
- d. And growing a strong healthy world.

We will genuinely tell someone who we are. We will not be afraid to tell others who we are.

God help us and save the generation.