

Title: Communication Code

Text: “Death and life are in the power of the tongue, and those who love it will eat its fruits.”
(Proverbs 18:21)

Target: To discover the code that unlocks relationships through effective communication.

I. Defining Communication: “Gracious words are like a honeycomb, sweetness to the soul and health to the body.” (Proverbs 16:24)

A. Verbal: “A soft answer turns away wrath, but a harsh word stirs up anger.” (Proverbs 15:1)

B. Nonverbal: What is your body language saying when your mouth is silent?

Question #1: Think back to a time when someone’s words really lifted you up. What did they say, and how did it impact you? Now, flip it—when has someone’s words cut deep?

Question #2: Proverbs 15:1 says a soft answer turns away wrath. Be honest—when tension rises, are you more of a “soft answer” person or a “harsh word” person? What’s one way you could improve?

Question #3: Your body language speaks even when your mouth is shut. Have you ever sent the wrong message without saying a word? What happened?

II. Mindset in Communication: “Do unto others as you would have them do unto you.” (Luke 6:31)

A. Seek to give Value: “For out of the abundance of the heart the mouth speaks.” (Luke 6:45)

1. **You talk to others how you talk to yourself.** (+/-)

2. **You value what you value.** (Respect, Kindness, Grace etc.)

B. Check Our Motives: “So whatever you wish that others would do to you, do also to them...” (Matthew 7:12)

1. **Self-Awareness:** Understand how your past, trust levels, and position shape your communication.

2. **Other-Awareness:** Recognize the nature, nurture, and current reality of others.

3. **Win-Win Communication:** True communication is not one-sided.

Question #4: Luke 6:45 says, “Out of the abundance of the heart, the mouth speaks.” If your words reflect what’s inside, what do they reveal about you lately?

Question #5: How do you talk to yourself? If your inner voice were an actual person, would they be a good friend or a harsh critic?

Question #6: Have you ever been in a conversation where you were so focused on getting your point across that you didn’t really hear the other person? What happened, and how could you have handled it differently?

Question #7: What past experiences shape how you communicate today? Maybe it’s how you grew up, past relationships, or trust issues—how do those things affect the way you speak and

listen?

III. Unlocking Communication: *“Let each of you look not only to his own interests, but also to the interests of others.”* (Philippians 2:4) *****5 C’s of Communication.**

- A. Celebrate: Acknowledge Achievement:** *“Therefore encourage one another and build one another up, just as you are doing.”* (1 Thessalonians 5:11)
- B. Care: Show Empathy and Presence:** *“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”* (Ephesians 4:32)
- C. Clarify: Seek and Give Understanding:** *“A fool takes no pleasure in understanding, but only in expressing his opinion.”* (Proverbs 18:2)
- D. Collaborate: Work Together for Solutions:** *“Two are better than one, because they have a good reward for their toil.”* (Ecclesiastes 4:9)
- E. Critique: Offer Constructive Feedback:** *“Faithful are the wounds of a friend; profuse are the kisses of an enemy.”* (Proverbs 27:6)

Question #8: Celebrate: Do you intentionally encourage and affirm the people in your life, or do you assume they already know how you feel? What’s one way you can do better?

Question #9: Care: Do you listen to respond, or do you listen to understand? What’s one thing that helps you be a better listener?

Question #10: Clarify: Have you ever assumed you knew what someone meant, only to find out you were way off? What would’ve changed if you had asked a clarifying question?

Question #11: Collaborate: When you disagree with someone, do you focus more on proving your point or finding a solution? What’s a time when choosing teamwork over winning helped a situation?

Question #12: Critique: Proverbs 27:6 says, “Faithful are the wounds of a friend.” How well do you handle constructive criticism? Are you the type to receive it well, or do you get defensive?

IV. Intentionality in Communication: *“Set a guard, O Lord, over my mouth; keep watch over the door of my lips!”* (Psalm 141:3)

- A. Evaluate your Communication:** (Self/Others)
- B. Telegraph the Pass:** (T.A.L.K.)
 1. Tell the motive – “I want to talk about something because I value our relationship.”
 2. Activate the right mindset – “I’m not attacking you; I’m seeking understanding.”
 3. Lessen misunderstandings – “This is feedback, not a fight.”
 4. Keep it moving – “Let’s focus on progress, not past failures.”

Question #13: Psalm 141:3 says, “Set a guard, O Lord, over my mouth.” If God gave you a highlight reel of your words from this past week, would you be proud of it or cringe?

Question #14: Before speaking, do you ever stop to check your motive? When has checking your intention changed the way you communicated?

Question #15: What's a conversation you've been putting off because it feels uncomfortable? How might approaching it with a mindset of "progress, not past failures" help?

Question #16: What's one thing you can do this week to be a better communicator—with your spouse, kids, friends, or coworkers?

Takeaway: Communication Works When You Work At Communication