



## Communications, Part II

**James 1:19-20:** "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires." (NIV)

- \_\_\_\_\_ of communications is not in the words that you say.
- Make frequent \_\_\_\_\_ with your spouse.
- Talk about \_\_\_\_\_, not about \_\_\_\_\_.
- \_\_\_\_\_ listening is a skill that can be learned.

### Paraphrasing Exercise

1. Choose which person will start. They will be person A
2. Person A makes a statement or asks a question
3. Person B must paraphrase, in their own words, the message that was received from A
4. If A agrees that the message was paraphrased accurately, switch roles (go to # 2)
5. If not, A restates the using different words and then proceed to # 3

### Special Rules for Paraphrasing

- No \_\_\_\_\_

**Proverbs 18:13:** "He who answers before listening - that is his folly and his shame." (NIV)

- You cannot respond until your spouse agrees that you have received the message accurately

### Exercise

- Perfect practice makes perfect
- Start with the Parable of the Sower (Matthew 13:3-8 on flip side), then move on to statements that are not personal; when you master that move on to questions
- Practice two to three times per week, 20 minutes at a time
- After four to five weeks you will have learned the skill

## Matthew 13:3-8 (NIV)

### Parable of the Sower

Then he told them many things in parables, saying: "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop--a hundred, sixty or thirty times what was sown.