

**RELATIONSHIPS**  
**LISTEN 'N TALK**  
JANUARY 10, 2021  
**PARTICIPANT NOTES**

Welcome to “Relationships”! In this series we are exploring six keys to healthy, happy relationships with others. Today’s topic is “Listen ‘N Talk”. Relational health is all about communication. How we speak and how we listen makes all the difference. You cannot have a healthy and happy relationship without healthy communication. For our LifeGroup study, we’ll explore some key Scriptures that give us practical advice on how to listen and talk. Communication is a skill we can develop. LifeGroup should be a lab where we learn to communicate in ways that honour God and others. Let’s dive in and practice the art of healthy communication!

**ICEBREAKER:** Our words are powerful! Sometimes our words stay with a person for a lifetime. Years ago when I was a teen, my youth leader said to me, “*Your ministry to people ...*”. Until that moment, I had not thought of myself as having a ministry! 😊 His words have stayed with me and shaped my life. What words has someone shared with you that have impacted your life? Why were their words so impactful?

**STUDY:**

- What was a key highlight for you from Pete’s teaching on Sunday?

**1. Communication Defined**

Communication is the process by which I understand and am understood. It is the process by which I know others and am known by others.

- When you think of communication in this way, how does it impact the importance you place on what you say and how you listen?
- Think of someone in your life whom you would say is a great listener. What is it about them that would cause you to see them as a great listener?

**2. God Listens to Us**

READ: Psalm 116:1-2

“I love the LORD, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live.”

- How do you think the Psalmist knew that God heard his prayer?
- How does this Scripture encourage you that God listens?

### **3. Jesus Listened**

READ: John 4:4-26 Jesus and the Woman at the Well

- In what ways do you see Jesus listening in his conversation with the woman at the well?
- How did Jesus show He valued the woman through listening to her?
- What can we learn from Jesus about active listening?
- How would you rate yourself in the area of listening? How would those closest to you rate you? What practical step can you take to grow in the area of listening?

### **4. Jesus Talked**

Look back through John 4:4-26 again.

- What words did Jesus use to communicate with the woman at the well?
- What can we learn from Jesus about how to speak to others?

### **5. The Power of our Words**

READ:

Proverbs 18:21

“Death and life are in the power of the tongue, and those who love it will eat its fruits.”

Proverbs 15:4

“Gentle words are a tree of life, a deceitful tongue crushes the spirit.”

Proverbs 12:18

“The words of the reckless pierce like swords, but the tongue of the wise brings healing.”

Ephesians 4:29

“Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.” NLT

- We have to recognize the power of our words. With our words we can tear others down, or we can build others up and encourage them. How do these verses speak to you about the power of your words?

### **6. Key Takeaway**

- What has been a key takeaway for you from this week's study?

## **PRAYER**

Let's pray this week for our youth ministries (Revolution – highschool) (TNT – grades 7 and 8) at Creekside. Here are some specific ways we can do that:

- Pray for our youth to feel connected and loved during the COVID lockdown.
- Pray for your youth to experience and know God's love is real and that they would grow closer to Him.
- Pray for the youth leaders to find creative and effective ways to connect and love the students in their LifeGroups. Pray they will stay encouraged while leading during this difficult time.