

WEEK 2

Communication

CLOSE

Destructive Communication

OPEN

Healthy Communication

James 1:19 | Proverbs 15:1 | Ephesians 4:29



Scripture for This Week

James 1:19

Proverbs 15:1

Ephesians 4:29

Read the passages together. What word, promise, warning, or invitation stands out?

Closing Destructive Communication

What weakens us

Interrupting and harsh words

Sarcasm and shutting down

Keeping score

Opening Healthy Communication

Listen before answering.

Clarify what you heard.

Choose timing carefully.

Private Reflection and Couple Conversation

What do you need from me when we are having a difficult conversation?

Partner A speaks for two minutes. Partner B only listens.

Partner B says: "What I heard you say was..."

Partner A confirms or gently clarifies. Then switch roles.

Listen to understand. Speak with honesty and kindness.

Practice Beyond the Session

THIS WEEK

Practice the 10-minute listening exercise every day.

COUPLE PRAYER

Lord, guard our words. Help us listen with patience, speak with respect, and seek understanding before being understood.