

**WELCOME
TO
HEALTHY U GATHERINGS:
COMMUNICATION**

Presented by: Gene Beckner

What do we hope to learn?

Identify ways of Communication

Recognize how to Listen

Understand the power of Validation

Be equipped with "I" language

Next steps to healthy Communication

What is Communication?

The imparting or exchanging of information or news. (Oxford)

Originated with verb *Communicare*.
(To Share)

How Do We Communicate?

70%-93% is Non Verbal

Facial gestures

Eye contact

Body posture

Touch

Space

The Me Monster

<https://vimeo.com/321977133>

How Do We Communicate Verbally?

Talking To Someone

Talking At Someone

Talking With Someone

God's Guidance

...Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

Ephesians 4:15 (NIV)

Listening

Listening to Respond

Listening to Understand

God's Guidance

...My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry.

James 1:19 (NIV)

Validation

Extends Value and Dignity

Does not necessarily mean you
agree

God's Guidance

...Fools find no pleasure in understanding but delight in airing their own opinions.

Proverbs 18:2 (NIV)

"I" vs "You"

Learn how to use "I" statements

I can

I feel

I need

God's Guidance

...Let us then approach God's throne of grace with confidence so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:16

Our Focus

Solutions to problems

My next step

God's Guidance

...If possible, so afar as it depends on you, be at peace with all people.

Romans 12:18 (NASB)

Reflection Questions

1. Name and describe someone that you think is (or was) a great communicator in your life.
2. Which of the five areas presented today resonates with you the most and why?
3. Which of the five areas presented today is the most challenging for you?

Beyond Today

careministries@brookwoodchurch.org

(864) 688-8355

<https://www.brookwoodchurch.org/events/care>