

LIFE SKILL OF THE WEEK: COMMUNICATION

Written by Joe Keim and taught in a group setting

1. Opening Thought

Communication is **how we share what is in our heart and mind with others.**

- Good communication builds trust.
- Poor communication causes hurt, confusion, and broken relationships.

Explain: *"You cannot take words back. Once they are spoken, they leave a mark."*

Learning to communicate well is learning to love people well.

2. Scripture (KJV)

Proverbs 18:21 – *"Death and life are in the power of the tongue..."*

Explain: Our words can bring healing or harm. We choose which one.

James 1:19 – *"Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath."*

Explain: Good communication starts with listening, not talking.

Ephesians 4:29 – *"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying..."*

Explain: Our words should build others up, not tear them down.

3. Discussion Questions

1. Why is communication so important in relationships?
 2. What makes communication hard when emotions are high?
 3. What kinds of words tend to cause the most harm?
 4. How can better communication change your relationships?
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4. Practical Examples

1. **Listening:** Not interrupting. Paying attention.
2. **Tone:** Speaking calmly, not harshly or sarcastically.
3. **Honesty:** Speaking truth without lying or exaggerating.
4. **Conflict:** Talking problems through instead of shutting down.

5. **Technology:** Being careful with texts, social media, and online words.

Explain: communication is not just what you say, but **how** you say it.

5. Challenge for This Week

Ask each girl to choose **one way** to improve her communication for the next 7 days.

Have them finish this sentence on paper:

“This week I will improve my communication by _____.”

Examples:

1. “I will improve my communication by listening more.”
2. “I will improve my communication by thinking before I speak.”
3. “I will improve my communication by avoiding gossip.”
4. “I will improve my communication by speaking kindly.”
5. “I will improve my communication by being honest but gentle.”

Explain: it must be something others could notice.

6. Closing Thought

Explain: “*Words can build bridges or burn them down. Choose words that bring life.*”