

DISCUSSION GUIDE

March 14, 2021

1. Is there something in this message that stuck out to you most? Why?
2. Rick shared four barriers to our communication (our creation, guilt and shame, fear, and pride). Which of these barriers seem harder to overcome in your relationship?
3. Proverbs 18:21 says life and death comes from what we say. Also, the “Magic Ratio” study shows that for every negative word we speak to our loved ones, we should speak 5 positive words. Take a moment and speak 5 positive things about your loved one (spouse, child, or etc).
4. We learned that listening is communicating (Proverbs 18:13, James 1:19). We can listen more effectively by looking, understanding, and repeating. Which of these come more natural to you?
5. Take a moment and pray that God will help us listen to Him and also listen to our loved ones.