



Happy Family

Study Guide 2

How to Talk So Your Lover Will Listen.

For the last three weeks Andre has been coming home late from work, leaving his wife Alicia to manage their four overactive children. Tonight, she wants to confront him. How can she speak so that he will listen?

1. The first key to effective communication is: *Speak Wisely.*

- Alicia should do what some people seldom do: Say exactly how she feels.
- For example, "I am _____" or "I am _____" "I feel _____."
- Then she should say clearly what she wants.
- To do so, she should avoid "You" statements and use "I" statements.


2. Why are "I" statements better than "You" statements? Choose the right missing words: war, peace, blame, feel.

(a) "You" statements point my finger at you! _____ you! Cause _____!

(b) "I" statements point my finger at me! Say how I _____! Aid _____.

Example: Instead of "You make me angry! You leave me with these boys!" It's better to say, "I am angry! I am left alone with these boys!"



A photograph of a man and a woman in a conversation. The man is seen from the back, wearing a grey shirt. The woman is facing him, smiling, with long dark hair and wearing a light green shirt. They are in a brightly lit room with a vase of yellow flowers in the background.

3. This concept of speaking wisely is found in Scripture!

Colossians 4:6 says, “Let your speech always be with _____, seasoned with salt, that you may know how you ought to _____ each one.”

4. To have good communication, the second key is: Listen Actively.

- While Alicia is speaking, Andre should give her his full attention.
- He should not be interrupting! Nor explaining – not now! Only listening!

5. He should put himself in her place and try to get her message.

Fill in the blanks: add, 55%, 7%, 38%.

- (a) Alicia’s actual words convey only _____ of her message.
(b) Her tone interprets her words. It gives _____ of her message.
(c) Body language is most important. It carries _____ of the message.
(d) To get her full message, he must _____ words, tone, body language.

6. Next, Andre should confirm Alicia’s message with a Restatement.

- A restatement tells her in different words what she just told him.
- Example: “So you’re angry because I’m coming home late every night!”

7. What does the Bible say about Listening?

James 1:19. “Let everyone be _____ to hear...slow to wrath.”

8. The third key to effective communication is: Exchange Graciously.

Are these statements True or False?

- ☐ ☐ **1.** Like any coin or dollar bill, every story has two sides.
☐ ☐ **2.** Usually one side is right, and the other side is wrong.
☐ ☐ **3.** In fact, there are three sides: his side, her side, and the right side!
☐ ☐ **4.** Andre listened to Alicia’s side. Now she should listen to his side.

9. So it’s Andre’s turn to speak. And he should use “I” statements.

“Alicia, my company is downsizing, and some of us will lose our jobs. So I’ve been putting in extra hours to improve my rating with the company.”

After he makes his “I” statement, what should she do?

She should _____.

10. Pair Activity. Use this same scenario. **(a)** Alicia should make her “I” statement **(b)** Andre should give his Restatement **(c)** Then he should tell his side with an “I” statement **(d)** Alicia should give her Restatement.

Now that they understand each other, they can work out a solution.

In our next study guide, we will look at how to create a good solution.

11. Do you know that you have a Divine Lover? And communicating with Him will bring real joy! The first key is: Talk to Jesus! True or False?

☐ ☐ **1.** I can talk to Him through Prayer. And when I talk, He listens.

☐ ☐ **2.** In order to get it right, I should write out my prayer and read it.

☐ ☐ **3.** Prayer is talking to God like I do to my lover – using my own words.

12. When Solomon started his job as king, he did that! And he used “I” statements! He told how he felt and said what he wanted!

1 Kings 3:7, 9. He said, “I am a little child; I do not know how to go out or how to come in.... Therefore give to Your servant an understanding heart...”

13. Just as you can text or phone your lover at any time, you can pray to your Divine Lover any time. But there is a time that is special!

Mark 1:35. “Now in the _____, having risen a long while before daybreak, He went out...to a _____ place; and there He prayed.”

14. Here’s the second key: Listen to Jesus! Young Solomon did that too! After he talked to God, he listened to God talk back to him.

1 Kings 3:12. God said to him, “Behold, I have done according to your words; see, I have given you a wise and an understanding heart...”

15. How does God speak to us today?

John 5:39. “You search the _____, for in them you think you have eternal life; and these are they which _____ of Me.”

16. The Bible has 66 Books! How can I be sure that it is the Word of God? 1 Peter 1:21. True or False?

☐ ☐ **1.** 40 different authors wrote for 1,000 years. Yet their words agree!

☐ ☐ **2.** Bible has prophecies written centuries before the events occurred.

☐ ☐ **3.** Greatest of all, it has power that has changed countless lives.





17. But Bible reading can be boring! How can it become interesting?

Choose the right word: Jesus, modern, love, Gospels, apply.

- (a) Choose a _____ version that uses language you like.
- (b) Start with an easy Book like one of the four _____.
- (c) Scripture is the voice of _____! So look for Him in the passage.
- (d) Put yourself into the story. Ask: How does this _____ to me?
- (e) Choose a verse that you _____ and keep it with you all day.

18. Group Activity. Let's practice! Read Luke 15:8-10.

- (a) Where is Jesus in this passage? (b) Where am I in the story?
- (c) Which verse do I really like and want to keep with me today?

19. The third key to divine communication is: Meditate on Jesus.

- Meditation is silently thinking about your loving Savior.
- It is like when you and your lover silently enjoy each other's company.

Psalms 104:34. "My meditation of Him shall be sweet"

20. As we talk and listen to Jesus, we keep falling in love with Him!

"And He walks with me, and He talks with me, and He tells me I am His own; And the joy we share as we tarry there, none other has ever known." – C. Miles.

My Choice.

- ☐ I will speak wisely, listen actively, and exchange gracefully day by day.
- ☐ I will talk to Jesus, listen to Jesus, and meditate on Jesus every day.

Check Your Answers. 5. (a) 7% (b) 38% (c) 55%. 8. 1T, 2F, 3T, 4T. 11. 1T, 2F, 3T. 16. 1F [1,500 years], 2T, 3T. **Graphics:** Pages 1, 2: Dreamstime; P 3: Good Salt; P 4: Arnol Jimenez.

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