

"Communication Highway"
Selected Scripture
September 20, 2015

I. Definition of Communication:

- "Communication is the exchange of thoughts, messages or the like as by speech, signal or writing." (American Collegiate Dictionary)
- "Communication is the process of sharing yourself verbally and non-verbally in such a way that the other person can both accept and understand what you are saying." (Norm Wright)

Five Levels of Communication:

Level 1- The Frivolous Level = fake, shallow, polite, small talk

Level 2- The Factual Level = report facts

Level 3- The Fellowship Level = ideas, judgments, philosophies

Level 4- The Feeling Level = feelings and emotions, laying self on the line

Level 5- The Freedom Level = open communication, complete vulnerability

III. Four character qualities you need to cultivate when someone hands you their heart:

1. You must be trustworthy. (Proverbs 11:13)
2. You must be a good listener. (Js 1:19)
3. You must not react. (Js 1:19)
4. You must be transparent as well. (Gen 2:25)