

SOUTH HILLS GROUPS QUESTIONS – WEEK 4

//GUIDE

We'd like to invite you to journey deeper with us by joining a group during Family Month. Our hope is that you and your group will take time each week to read through, reflect, answer these questions, and discuss your answers honestly in a positive & relational group environment.

So, let's deep-dive into the content of this past Sunday's message about how communication is really complicated.

//OVERVIEW

Words matter, but they're not all that matter because we often don't just come out and say what we want and feel. However, just because we try to hide our true feelings doesn't mean they don't show through. There are six basic modes or layers of communication. They are:

1. Body language
2. Physical touch
3. Metaphors
4. Voice inflection
5. Facial expressions
6. Feeling words

If we want to bid & respond to others' bids for connection in a more accurate and healthy way, we need to get better at noticing & communicating with nuance. And one of the best ways you can do that is by focusing on being interested, not on being interesting.

//DISCUSSION QUESTIONS

Here are some questions you can use to drill a little deeper into this material and start meaningful conversations with your group. Don't feel pressured to get through all the questions. Select a few and allow the conversations to flow organically.

1. Do you sometimes find it difficult to communicate what you're truly feeling?
2. How hard is it for you to understand what others are trying to communicate? Are there certain relationships that are more difficult than others? Ones that are easier?
3. Which of the 6 modes of communication are most foreign to you? (some people are more physically expressive, some are more verbal, some use lots of metaphors, etc...)
4. Can you recall a time recently when the words someone was saying to you did not match with their other modes of communication? What was that experience like for you?
5. Do you find it hard to conceal what you're actually feeling even in moments when it feels like you should? Do your feelings tend to "leak out on your face" in ways that are noticeable to other people?
6. How could being more conscious of the many different ways you communicate enable you to send the message you are really trying to send to other people? Are there some areas of weakness that you would like God to help you with?

//PRAY

As you share prayer requests, take your time and leave space for people to make their requests known in an open, honest, and safe environment. Encourage your group to write down requests and to pray during the week.

//DIVE DEEPER

- Esther Chapter 5 & Ephesians 4:29
- *The Relationship Cure* by John Gottman