

**I. Mark 10:1-9 - Building a Family (House)**

- A. **V5** - Hardness of your heart
  - 1. **Hardness** - *sklerokardia* -
    - a) **skleros** - Dry, hard or tough, harsh
    - b) **kardia** - the heart
    - c) lacking something needed or desirable; the ability to understand or notice something easily; lacking spiritual perception
- B. **V6-8** - God's definition for marriage
- C. **V9** - If you just tell people "don't get a divorce" it's like only telling people, "don't steal", "don't lie", "don't commit adultery", "don't murder"

**II. Combining Normals**

- A. Rom 12:1-2
- B. Luke 3:9 - Lay the ax to the root of the old tree.
- C. What are we looking for?
  - 1. **Accountability** - Make sure they have someone that can speak into their life.
  - 2. **Vulnerability** - Ability to be honest and transparent.
  - 3. **Intimacy** - Non-sexual soul ties; relationships with friends.

**III. Communication**

- A. The problem is not lack of communication but WHAT we are communicating.
- B. Communication can either build or destroy a relationship
- C. Classically, communication is about convincing you to agree with me.
- D. The goal of communication cannot be agreement but understanding.
  - 1. There is more than one way to see everything.
  - 2. If I don't understand what you see and you don't understand what I see then we will not value the other person.
- E. Communication builds intimate connections.
  - 1. Gen 2:25 - Totally unaware of any other way to be than complete honest and open.
  - 2. **Intimacy** - In-to-Me-see
- 3. **Intimacy Counterfeit:**
  - a) **Addiction** - An attempt to create intimacy through a relationship with an object.
- F. Fear and love are mortal enemies - 1 John 4:18
  - 1. Will you cultivate and increase love or cultivate and increase fear?
  - 2. How do I get rid of love and how to I get rid of fear?

#### **IV. Communication Styles**

- A. **Passive Communication** - You matter, I don't;
  - 1. They are not being noble, they are being selfish; protecting self.
- B. **Aggressive Communication** - I matter. You don't; what I think matters and what you think doesn't.
  - 1. This is the T-Rex form of communication. They are also motivated by fear.
    - a) Relationship of survival motivated by fear.
- C. **Passive Aggressive** - You matter.....NOT!
  - 1. To your face its all about you and whatever you need and then behind your back I'm tearing you apart.
- D. **Assertive Communication** - You matter, and so do I.
  - a) How we cultivate honor and protect the value of both parties while we work through our issues.
  - b) What you think matters and what I think matters.
  - c) The effect of mutual respect in a relationship.

#### **V. Levels of Communication**

- A. **Cliche** - Surface level, greetings with absolute strangers and require zero communication skills or relationship.
- B. **Facts** - Good morning, how are you, fine, how are you. Going to be a beautiful day today. Facts about the kids, activities, schedules, etc.
- C. **Opinions/Ideas/Perspectives** - This is the test of your communication skills when two people actually show up.
  - 1. Understanding is the goal and not agreement.
- D. **Feelings** - There is something that you feel in this moment that is different from how I feel.
- E. **Needs** - What is it that you need? Practice welcoming your heart into our conversation and relationship then I get to the most effective response in communication. What do you need?

#### **VI. Effective Communication**

- A. “I” Messages - A tool that lets you see me instead of me trying to convince you that you are wrong.
  - 1. Fueled by a feeling and not a thought or opinion.
  - 2. If you can put the word “think” in the sentence and it makes sense then it's not a feeling.
  - 3. Feelings tell you about me, not about you.
    - a) “I feel \_\_\_\_\_”.
  - 4. Feelings are connected to something
    - a) “When\_\_\_\_\_”
    - b) “I need to feel\_\_\_\_\_”