

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 do 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 _____"