

M4+ Podcast
MADE FOR MEANINGFUL COMMUNICATION
Study Guide

BIBLE VERSE

James 1:19 (NIV)

"Everyone should be quick to listen, slow to speak and slow to become angry."

QUESTIONS FOR REFLECTION

1. Jonathan says that finding your authentic voice starts with being comfortable with who you are and knowing what you want to say. Where do you feel pressure to communicate like someone else, especially online, at church or among your friends? What would communicating more authentically look like for you?
2. "Good communication comes from caring enough about people to listen to them in the first place." How well do you really listen? When someone is speaking, are you trying to understand them or are you already preparing what you want to say next?
3. The episode challenges the idea that good communicators need to be extroverts. Whether you are introverted or extroverted, what strengths has God already given you that could help you connect with others and communicate your faith?

AN UNCOMFORTABLE QUESTION

Jonathan says that "the willingness to communicate is also the willingness to be misunderstood." Has fear of being misunderstood, rejected or embarrassed ever kept you from saying something that mattered? What conversation might God be giving you the courage to have?

CHALLENGE

This week, have one conversation where you intentionally listen more than you speak. Put your phone away. Ask good questions. Don't interrupt or rush to give advice. Simply try to understand the person in front of you. Before the conversation ends, ask yourself: What did I learn about this person that I didn't know before?

PRAYER

Father,

Thank You for creating me with a unique voice and giving me people to communicate with. Help me to listen before I speak, to care more about people than about being heard, and to communicate with honesty, courage and grace. Give me wisdom to know when to speak and humility to learn from others. May my words and the way I listen point people closer to You.

*In Jesus' name,
Amen.*