



DISCUSSION GUIDE

Can We Talk? | Pastors Shaun & Dianna Nesptad
Ups & Downs: A Relationship Series Week 3

Scripture

James 1:19-20 (ESV)

19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 For the anger of man does not produce the righteousness of God.

Ephesians 4:29 (ESV)

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Proverbs 15:1 (ESV)

A soft answer turns away wrath, but a harsh word stirs up anger.

Psalms 141:3 (ESV)

“Set a guard, O LORD, over my mouth; keep watch over the door of my lips!”

Colossians 4:6 (ESV)

Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

Main Idea

Smoothing out the ups and downs of our relationships begins with open and honest communication. You only get a return out of what you invest in. Communication with our spouse (or those in a deep relationship) needs to be one of our most significant investments.

OPPOSITES ATTRACT; OPPOSITES ATTACK.

What is the history of your deepest relationship?

Remember the story of the fire ants. We are either attackers or avoiders. Which are you and why?

COMMUNICATION IS NOT MUTUAL TALKING, IT'S MUTUAL UNDERSTANDING.

What would happen if you only spoke to others to build them up?

DON'T MARRY A CHRISTIAN; MARRY A GODLY PERSON.

Being a Christian is free. Being a Godly person costs something. That means that you need to get yourself healthy before you should get married. What are you doing to GET and KEEP yourself healthy?

DON'T STOP INVESTIGATING.

We evolve in our personalities and character, and so does our marriage. When was the last time you worked to learn and understand the changes in your spouse and your stage of life in marriage? (Example: love language, passions, desires)

Summary

Marriage and relationships are grounded in mutual respect and mutual honor. That means that we need to work at listening twice and speaking once. Marriage is not disposable. It is a covenant, not a contract. Quit fighting over the ball. You're on the same team. Respect, honor, and communicate.

Call To Action

1. Invest in yourself and your spouse (or future spouse) by purchasing the books Love and Respect and 5 Love Languages.
2. Buy a tube of toothpaste and relabel it WORDS: Think Twice, Speak Once. Keep it somewhere that you can remember that once you speak it out, you can't put it back in the tube.
3. As Pastor Shaun suggested, make your list of 3 things you need more from your spouse. Now share it over a cup of coffee or meal.
4. What things in your life may you need professional help with? What is stopping you? Check out the counseling services that Hope City recommends. <https://hopecity.com/resources/>



Group Leader Resource

Game: Telephone Pictionary

Tear or cut sheets of paper into pieces, or give each person playing a notepad, and pass around pens or pencils. Each person should have as many pieces of paper or pages as people playing: If it's a group of 10, each person should have 10 pieces of paper, for example.

Without letting anyone else see, write a word or phrase on the first piece of paper. Everyone should pass their stack of papers or notepads clockwise. The following person will look at the word or phrase, move it to the bottom of the pile, and then draw their interpretation of that word or phrase. Once everyone is finished, pass clockwise again. This person will look at the picture and interpret it into a word or phrase, moving the drawing to the bottom of the stack. Continue passing between drawings and words until the stacks have gone full circle. Flip through the results, and prepare to roar with laughter.