

Communitation Bible Study



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Communitation Bible Study

Theme: Communicating with Grace Time

Needed: 30–45 minutes

During this exercise presence is key. Please put aside your phones, turn off and put away any distractions, and find a quiet place to reflect with one another.

1. Preparing Our Hearts (5 minutes)

Opening Prayer: "Lord, thank you for our relationship. Please guide our conversation today. Open our hearts to hear your Word and to hear each other with patience, understanding, and love. Amen."

2. Reading the Word (5 minutes)

Read the following passages out loud together. Read them twice—once by each partner.

- Ephesians 4:29 (NIV): "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."*
- James 1:19 (NIV): "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry."*

3. Observation: What Does the Text Say? (10 minutes)

Each of you write down your personal observation of each passage. Then create an open dialog discussing with one another.

- 1. According to Ephesians 4:29, what is the primary purpose of the words we choose to speak to one another?*
- 2. In James 1:19, what is the importance of the three actions? How do you wish to apply this passage to your relationship. What action needs work?*

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4. Application: What Does This Mean for Us? (15 minutes)

Take turns writing down and answering the following questions. Remember the goal is to understand your partner, not to win an argument. Take a moment to place your pride aside and welcome the conversation.

Partner A answers first, then Partner B:

- *When we are navigating a disagreement, which is harder for you: being "quick to listen" or "slow to speak"? Why?*
- *Think of a recent time when your partner's words successfully "built you up." What did they say, and how did it make you feel?*
- *Vulnerability Check: In what specific way can I be a better listener for you this week?*

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5. Commitment & Action Step (5 minutes)

Faith requires us to be proactive. Decide on one practical way you will apply this study to your relationship.

Our Goal for This Week: (Example: "When we disagree, we will pause for 10 seconds before responding," or "We will intentionally compliment each other once a day.")

Write your goal here:

6. Closing Prayer

Hold hands and close your time by praying for each other.

Closing Prayer: "Lord, help us to guard our words and use them to build each other up. Give us the patience to listen deeply to one another. Protect our bond and help us to reflect your grace in our home. In Jesus' name, Amen."