

# ✘ Positive Family Communication ✘

## YOUNG PERSON AND HER OR HIS PARENT(S) COMMUNICATE POSITIVELY.

By Tiah Colacci

Edited by Lyle Griner and Marie Sundet © 2006 The Youth & Family Institute, Bloomington, MN

Tiah Colacci, who is very proud of her Italian last name, is a third year student at Augsburg College. She is majoring in psychology and minoring in Youth and Family Ministry. She spends most of her time going to classes, doing homework, and working at an Italian restaurant. When she is not doing these things she enjoys spending time playing video games with her eight-year old brother who constantly wins and makes sure she knows this.

Ephesians 4:15-16 – Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

- *When parents want to know something they should...*
- *When parents want to know something they should not...*
- *How have you experienced positive communication from people outside your family?*
- *What does it mean to speak the truth in love?*
- *How does the entire body, "Joined and held together by every supporting ligament," and building itself up with love, relate to a family?*
- *In what ways do you communicate with your parents and siblings?*
- *In what ways do your siblings and parents communicate with you?*
- *What is a positive example from your parents communicating something with you?*
- *What is a negative example from your parents communicating something with you?*
- *How does positive, negative, or lack of communication affect you as a person?*
- *What are several lessons that parents could learn about positive communication from Jesus' model?*



### So What?

Ask the family!

- If you could be a super-hero, what special powers would you have?
- What characteristic of yours do you like the most?
- What characteristics of yours do you want to improve?
- If you had a million dollars, what would you do with it?
- What is one of your biggest pet peeves?
- What is your dream job?



### Candle Time

Pass out a card with a biblical verse (see handout) with a blank for a person's name to be inserted. Let each member read the verse as a prayer for the person to the right, inserting his or her name.



### EXPLORE



- |                    |   |
|--------------------|---|
| Ephesians 6:1-3    | Children, obey your parents   |
| Ephesians 5:1-2    | Be imitators of God, therefore...                                   |
| Philippians 2:4    | Don't think only of your own affairs, but also...                   |
| 1 John 4:19        | We love because he first loved us                                   |
| Deuteronomy 8: 4-9 | As a parent disciplines a child so the Lord your God disciplines... |
| Psalms 103:13-14   | As a father has compassion for his children, so the Lord            |
| Proverbs 17:6      | The glory of children is their parents                              |



DEVELOPMENTAL ASSET™ #2

▣ *Leader Page* ▣

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*Discussion Goal*

Family communication promotes love and spiritual connection.  
– plan for a family conversation.

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*Background*

Columnist and speaker Lori Borgman, the author of several books, stated that, “teens who ate five or six meals a week with their families had slightly less than a 1 in 4 chance of smoking cigarettes, using marijuana, drinking alcohol, growing depressed or attempting suicide.” She also stated that, “children who ate with their families were not only less likely to end up in trouble, they also were more likely to have higher academic scores, confide in their parents and feel that their parents are proud of them.” These statistics are not only coincidence, nor do they reflect the benefits of simply eating together. These statistics illuminate the importance of family time, and more specifically, family communication. As children grow, they naturally strive for more independence. Many times, parents do not know exactly how to deal with this development and neither do their children. In reality, many families struggle with these changes and communication may turn negative or even non-existent. Ephesians 4:15-16 says to, “speak the truth in love, and we will in all things grow up into him who is Head.” By openly communicating our feelings in a loving, positive way, we are able to grow in Christ and have a Christ-centered relationship with our family.

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*Motivate*

Pass out hand-held mirrors for group members to hold in front of their faces. Observe some of the first reactions, which will most likely range from humor to avoidance. Verbally note some of the reactions. Ask all to look more closely as you read the key verse from this session.

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***SAMPLE VERSES TO USE IN CANDLE TIME***

We give thanks to God always for you \_\_\_\_\_, constantly mentioning you in our prayers, remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ. For we know, brethren beloved by God, that he has chosen you. (Eph. 1:3-4)

Therefore, since we are surrounded by so great a cloud of witnesses, like \_\_\_\_\_, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us. (Heb. 12:1)

The Lord will guide you \_\_\_\_\_ continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. (Isaiah 58:11)

\_\_\_\_\_ when you give a dinner or a banquet, you do not invite your friends or your brothers or your kinsmen or rich neighbors, just so they also invite you in return, and you be repaid. But when you give a feast, you invite the poor, the maimed, the lame, the blind, and are blessed, because they cannot repay you. (Luke 14)

\_\_\_\_\_ you show that you are a letter from Christ delivered by us, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of your heart. Such is the confidence that you have through Christ toward God. (2 Corinthians 3)

\_\_\_\_\_, you let anyone who is thirsty come to me and let the one who believes in me drink. As the scripture has said, "Out of \_\_\_\_\_ heart shall flow rivers of living water." (John 7:38)

For this reason I sent you \_\_\_\_\_, who is my beloved and faithful child in the Lord, to remind you of my ways in Christ Jesus, as I teach them everywhere in every church. (1 Corinthians 4:17)

As God's chosen one, \_\_\_\_\_, holy and beloved, clothe yourself with compassion, kindness, humility, meekness, and patience. (Colossians 3:12)

May the God of hope fill \_\_\_\_\_ with all joy and peace in believing, so that by the power of the Holy Spirit \_\_\_\_\_ may abound in hope. (Romans 15:13)