

# SALT & LIGHT

Build character and stand up for what you believe

## SKILLFUL COMMUNICATION



“Whassup.” Sometimes that’s all it takes to get a conversation going with your friends. And talking on the phone or IMing a buddy has never been a problem. So why are you tongue-tied all of a sudden when it comes to talking with Mom... or that fine guy in your chemistry class? What will it take to have a better connection with your teacher... and a better grade?

### Know Yourself

Do you have an easy time getting your point across? How do people respond to your way of speaking? What do you like about the way you communicate? What would you change?

### Know the Word

**Read:** Exodus 4:1-17

1. What was Moses’ reaction when the LORD sent him to speak?
2. Why do you think that Moses reacted this way?
3. How did the LORD answer him?

**Remember It!:** But the LORD answered, “Who makes people able to speak or makes them deaf or unable to speak? Who gives them sight or makes them blind? Don’t you know that I am the one who does these things? Now go! When you speak, I will be with you and give you the words to say.” Exodus 4: 11,12 (CEV)

**Read More! (if you dare):** Proverbs 16:21; Ecclesiastes 5: 6; Colossians 4: 6

### Know Others

Christian hip-hop group, the Cross Movement attest to the source of their communication skills: “It has been about five years that the Cross Movement has been putting out hip-hop music as a means of expressing the abundance of our heart. Many can attest to the fact that it is out of this abundance that our mouths have spoken, and what was spoken has been recorded. Ears and better yet hearts have heard the deliberately redundant theme, ‘Jesus Christ is Lord’ and ‘mankind is in desperate need of Him.’” source: [www.crossmovementrecords.com](http://www.crossmovementrecords.com), views of the publication do not necessarily reflect those of the American Bible Society.

### The Choice is Yours

So now you’ve had the chance to look at yourself, the Bible and even other people. Why don’t you take some steps towards becoming an effective communicator? If you have a hard time speaking in front of groups, try taking a class in public speaking. If talking one-on-one is not your thing, join a peer-counseling group. Finally, if your writing skills need help, start writing a journal—one that you wouldn’t mind sharing. Find new ways to break out of your old way of doing things and discover that you really are skillful at communicating with others.

We want to hear your stories about how skillful communication has made a difference in your life and the lives of others around you. To share your experience with us, e-mail your account to [feedback@bibleresourcecenter.org](mailto:feedback@bibleresourcecenter.org)