



Speak Confidently and Listen Calmly

BEST LIFE #4

Effective Communication

Why the Best Communicators Don't Do All the Talking

This discussion guide comes from a devotional in *The Best Life* series, which helps us develop spiritual life skills with God's guidance. The series explores 20 key areas of growth through devotionals, podcasts, and practical insights—all rooted in biblical wisdom. You can read the full post on effective communication at deepspirituality.com.

“

Listen to my words, O LORD, Consider my groaning and sighing. [2] Heed the sound of my cry for help, my King and my God, For to You I pray. [3] In the morning, O LORD, You will hear my voice; In the morning I will prepare [a prayer and a sacrifice] for You and watch and wait [for You to speak to my heart].

— Psalm 5:1-3 AMP

- Have you ever been so angry or hurt in a conversation that you couldn't hear the other person? Or avoided a discussion because it felt too stressful?
- These are signs that we need to grow in our communication skills, and the best way to do that is to learn from the expert: God.
- God listens calmly and speaks clearly, and He develops them in us as we walk with him.

Question:

- Would your friends/family say you're a good listener? Why or why not?
- Would they say you're good at communicating what you're feeling or thinking? Why or why not?

Where effective communication starts

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Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. [29] Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. [30] For my yoke is easy to bear, and the burden I give you is light.”

— Matthew 11:28-30 NLT

- Jesus remained calm, humble, and gentle no matter what he faced.
- If we want calm confidence, we need to learn from Jesus and his walk with God.

- Effective communication starts when we follow Jesus: praying daily, relying on scripture, and being motivated by love.

Question:

- What burdens have you been carrying lately, and how might communicating help you get rest?



“When we talk to God, he teaches us to speak clearly and listen well, improving every relationship in our lives

Scriptures for reflection

Listen first, speak second.

The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, “Teacher, this woman was caught in the act of adultery. [5] In the Law Moses commanded us to stone such women. Now what do you say?” They were using this question as a trap, in order to have a basis for accusing him. **But Jesus bent down and started to write on the ground with his finger.** When they kept on questioning him, he straightened up and said to them, “Let any one of you who is without sin be the first to throw a stone at her.” **Again he stooped down and wrote on the ground.**

– John 8:3-8 NIV

My dear brothers and sisters, take note of this: Everyone should be **quick to listen, slow to speak and slow to become angry**, [20] because human anger does not produce the righteousness that God desires. [21] Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. [22] Do not merely listen to the word, and so deceive yourselves. Do what it says.

– James 1:19-22 NIV

- Jesus stopped to listen before he responded. By first listening to God’s Word and letting it reveal our hearts, we can respond thoughtfully, not driven by emotions or opinions.



Be present and undistracted.

One day Jesus was walking along the Sea of Galilee when He saw Simon (also called Peter) and Andrew throwing their nets into the water. They were, of course, fishermen. [19] Jesus: Come, follow Me, and I will make you fishers of men. [20] Immediately Peter and Andrew left their fishnets and followed Jesus.

– **John 8:3-8 NIV**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. [7] And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

– **Philippians 4:6-7 NIV**

- Jesus was present and undistracted enough to notice Peter and Andrew, take an interest in who they were, and help them grow into purpose.
- This passage reminds us to give my anxieties and requests to God in the moment. Knowing he loves me and will respond brings peace, allowing me to be present and undistracted in my conversations.

Check your “self” at the door.

In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

– **John 8:3-8 NIV**

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. [19] We love because he first loved us.

– **1 John 4:18-19 NIV**

- Jesus had a mindset of serving others, which allowed him to go into conversations thinking of the other person rather than himself.
- Perfect love drives out fear. Remembering Jesus’s love calms us and inspires us to think about and love others the same way.

Celebrate honesty, even when it hurts.

Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. [24] God is spirit, and his worshipers must worship in the Spirit and in truth.”

– John 4:23-24 NIV

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. [6] If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. [7] But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

– 1 John 4:18-19 NIV

- Jesus understood that truth is always good because truth brings us close to God.
- Though conversations about sin (our own or other people’s) can be painful, they bring us closer to God and others.

Respond to the heart, not the behavior.

Jesus saw what was going on-not just the argument, but the deeper heart issues-so He found a child and had the child stand beside Him.

– Luke 9:47 Voice

He who has knowledge restrains and is careful with his words, And **a man of understanding and wisdom has a cool spirit** (self-control, an even temper). [28] Even a [callous, arrogant] fool, when he keeps silent, is considered wise; When he closes his lips he is regarded as sensible (prudent, discreet) and a man of understanding.

– Proverbs 17:27-28 AMP

- Jesus didn’t give into petty arguments. He understood the deeper heart issues at play, and so responded to those, rather than reacting to the emotion or argument that covered them.
- Through prayer, God’s love, and honesty, we develop a “cool spirit” to navigate conversations with wisdom and self-control.

Questions for reflection

- ① What are my struggles with speaking confidently and listening calmly? **How do my sins affect my communication?**
- ② Which **relationships will improve** as I communicate with a peaceful heart?
- ③ What can I do in my relationship with God to **develop a peaceful heart like Jesus** had?

Next steps for good conversations

- [This video](#) offers five tips for effective communication. While aimed at people with ADHD, we can all apply these tips with spiritual concepts to communicate more clearly.



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5 Tips to Make Assertive Communication Easier and More Effective

1. **Recognize and name your feelings:** By talking with God daily to recognize feelings and taking the first step to be vulnerable with others and naming feelings, we build trust and open the door for sharing.
2. **Recognize and name your needs:** Identify the “need behind the need” and take time to pray and reflect before asking for something.
3. **Start small:** Practice your communication in low-pressure situations, like with close friends or family members. Equip yourself with scriptures that address your communication struggles
4. **Be aware of body language:** Communication is more than words; tone and body language matter. Prayer brings peace so that our verbal and nonverbal communication is calm.
5. **Don't procrastinate:** Take time to process your thoughts and feelings spiritually, but don't avoid a situation in hopes that it will get better.

Read the full devotional at deepspirituality.com/effective-communication