

# FIVE CONVERSATIONS FOR HEALTHY RELATIONSHIPS

## Intro.4:

### WORDS CAN BE CHEAP

Negative words come to us quickly and easily. They are \_\_\_\_\_ that way. But once out, they can do damage for a lifetime. They have the power to destroy a relationship.

Conversation requires both the speaking of words and the listening to words at the same time. In that way, conversation is an \_\_\_\_\_ to itself...and a \_\_\_\_\_.

#### Featured Scripture Reference:

*<sup>10</sup> Nabal answered David's servants, "Who is this David? Who is this son of Jesse? Many servants are breaking away from their masters these days." <sup>11</sup> Why should I take my bread and water, and the meat I have slaughtered for my shearers, and give it to men coming from who knows where?" <sup>12</sup> David's men turned around and went back. When they arrived, they reported every word...<sup>23</sup> When Abigail saw David, she quickly got off her donkey and bowed down before David with her face to the ground. <sup>24</sup> She fell at his feet and said: "Pardon your servant, my lord, and let me speak to you; hear what your servant has to say. <sup>25</sup> Please pay no attention, my lord, to that wicked man Nabal. He is just like his name—his name means Fool, and folly goes with him.*

*1 Samuel 25 (NIV)*

#### Things I want to remember from the video:

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The wisdom in these lessons is thousands of years old and has been tried and found true by hundreds of millions of people.

**QUESTIONS FOR DISCUSSION:**

**What part of face-to-face conversation is more difficult for you: speaking well or listening well? Why?**

**What will it take to have regular face-to-face conversations with your most important relationships?**

**WHAT? What lesson or truth do I take away from this session?**

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**SO WHAT? Why and how does this truth or take-away make any difference in my relationship(s)?**

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**NOW WHAT? What step will I take this week as a result of this lesson?**

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**How I can be remembering group members this week:**

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