



# Firm *Foundations*

**Firm Foundations:** “Building A Foundation Of Healthy Communication” **Pastors Lucas and Kristine Ashley**  
**Sunday, July 13, 2025**

## **Introduction**

Healthy communication is at the heart of healthy relationships—and it all starts with our identity in Christ. When we are rooted in Him, it doesn’t just change how we see ourselves but transforms how we speak, respond, and relate to others. Scripture reminds us that we hold more power than we might realize. This is why Proverbs 16:24 reminds us that words hold the power to heal or destroy, to build up or tear down. In this session, we’ll explore how Christlike communication flows from the condition of our hearts and the intentional choices we make every day.

“Healthy relationships are strengthened through honoring communication.”

## **Discussion Questions**

### **1. The Power of Words**

- Read Ephesians 4:29 and James 3:3–6.
  - Why do words carry so much power?

◦ How can we become more aware of the impact of our words?

### **2. Intentional Communication**

- It's easy to realize that healthy communication is always intentional. ◦ What does that look like in your everyday relationships? ◦ What gets in the way of speaking with love and honor?

### **3. 6 Choices for Healthy Communication** (*from Colossians 3:12–17*) (Discuss each of the following with examples and reflections.)

#### **a. Choose to Be Tenderhearted**

- How does our relationship with God affect how we speak to others? • “Is my heart in a place that my mouth should speak?”—How can we practice this?

**b. Choose to Be Kind**

- Read Proverbs 16:24.
  - What does it mean to be kind in communication—even when kindness isn't returned?

**c. Choose to Be Humble & Gentle**

- How does humility shift our perspective in conversations? • Which of the “5 Killers of Communication” do you struggle with (minimizing, sarcasm, defensiveness, definitive statements, shutdowns)?

**d. Choose to Be Patient & Forgiving**

- Read Colossians 3:13 and James 1:19–20.
  - How can patience improve our conversations?

**Application & Reflection**

- Think of a current relationship where your communication could be healthier. What's one thing you could change this week?
- Ask: “Does the way I communicate with those in my life magnify the Lord?”

## **Memory Verse**

“Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”

Ephesians 4:29