

You constantly and continually deliver messages that reveal the true disposition of your heart.

It's not just *what* you say, but the *way* you say it, listen to others and look at others...

- Your communication originates not in your mind but in your heart.

"Out of the overflow of the heart the mouth speaks." -Matthew 12:34

What Are the Levels of Communication?

From the moment Adam and Eve recognized their sin, they sought to cover themselves and hide. They no longer wanted to be open and honest with God. Each of us, in our own way, does the same. We develop outer facades that hide inner needs. The following levels of communication are stages of personal development that will bring you out of hiding in order to communicate honestly with God... and subsequently, to face truth and to be vulnerable with others.

"Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves... and they hid from the Lord God." -Genesis 3:7-8

1st Level Common (superficial)-

General remarks or inquiries that are appropriate between **strangers** represent the most **superficial** level of **communication**. It is often only a polite exchange but can also **open** the **door** to deeper levels of communicating

- **Example:** *"Where are the elevators?"*

Biblical Example: John 4:7-9

2nd Level Casual-

Statements and **information** are **shared**, but **no** real **personal** interaction occurs. This level of communication centers on **other people, events or places**.

- **Ex:** *"Have you ever been to the ocean?"*

Biblical Ex: John 4:10-11

3rd Level Comfortable-

Thoughts and ideas are communicated in this **first step** toward risk taking. **Objections, judgments, and decisions** are easily expressed. True interaction is still guarded while one's **emotional antenna** looks for any **signs of disapproval or rejection**.

- **Ex:** *"It would be hard to live in a climate that has ext. cold winters."* **Biblical Ex:** John 4:12-14

4th Level Caring-

Feelings and **emotions** are **shared** by moving beyond "head talk" into **revealing** "who I am." Ideas are still communicated, but now the **facts** are **accompanied** by how I really feel about these ideas. I am willing to risk sharing my own perspective so that I can then understand yours. And I will do so with courtesy.

- **Ex:** *"God has given you many talents.. sometimes I feel inferior."* **Biblical Ex:** John 4:16-26

5th Level Committed-

Freedom from all **fear** of **judgment** or **rejection** may allow for **complete emotional connection** with another person. **Reserved** for communion with **God**, with a marriage **partner** or with the **closest of friends**, this **highest** level of communication. There is **mutual understanding** and **empathy**... there is **perfect communication**! This level of communication takes **hard work**. It is much more **difficult** to communicate **heartfelt** emotions than it is to communicate **factual** information.

- **Ex:** *"Perhaps I'm too sensitive, but it hurt me when..."* **Biblical Ex:** John 11:32-35.