



Welcome

SERIES: ITS PERSONAL
Message: Communication Matters
Dr. Lance Watson, Senior Pastor

PRAYER: Ever present God, we come to You recognizing how easily our words outpace our wisdom, and we ask for Your grace to truly live out what we believe. Quiet our restless minds and humble our hearts so that we may become genuinely quick to listen, valuing others above our need to be heard. Put a guard over our lips, making us slow to speak and helping us to weigh our words before they leave our mouths. When frustration or disagreement arises, grant us the supernatural patience to be slow to anger, trusting that Your peace is far more powerful than our impulsiveness. Transform our conversations this week, at home, at work, and in our communities, so that the way we listen and speak reflects Your love and points others directly to You. In the name of Jesus Christ, we pray. Amen.

ICEBREAKER: Before we dive in, what is one situation or relationship this week where you know you'll need a little extra patience to be "quick to listen and slow to speak"?

INTRODUCTION: "I didn't mean it like that." We have been on both ends of that phrase! It's amazing how our intent in communication does not always match the outcome. Communication is one of the most basic components of any relationship, and yet, it really is a skill that we might neglect to proactively improve, in hopes it just gets better with time. Lean in as we learn how to improve our communication skills between the words we say and the body posture with which we say it.

BIBLE STUDY: Read **James 1:19 (NIV)**: My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

DISCUSSION QUESTIONS:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message? What points did you find most insightful?
2. On a scale of 1 to 10, how good of a listener are you when someone is sharing a perspective with which you disagree? What practical shift can you make this week to focus more on understanding rather than preparing your next response?
3. James challenges us to be "slow to speak." In our digital age of instant messaging and social media comments, what does it look like to practice this command online versus in person? Where do you find it hardest to stay silent?
4. Think back to the last time you became angry quickly. What was the underlying cause (e.g., hurt pride, feeling out of control, exhaustion)? How does pausing to listen first change the way our anger develops?
5. Look at your upcoming week—at work, home, or school. Who is one specific person in your life who would benefit from you being "quick to listen and slow to speak" right now? What is one intentional thing you can do to show them that value?

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LIVE IT OUT CHALLENGE: This week, before you respond to any frustrating text, email, or conversation, take one deep breath and ask yourself: "Am I reacting in anger, or am I truly listening to understand?"

ANNOUNCEMENTS: Take this time to share group announcements. Announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications. Remember to subscribe to our YouTube channel!

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: care@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: care@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR: CALL: 804.643.4000 and Press 1 for the Dial by Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Lisa Johnson: lisa.johnson@myspbc.org.
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.*



Small Group Leader Guide

Would you like to START or JOIN a Small Group at Saint Paul's?

Most existing groups are open to new group members, and new groups begin on a regular basis. If you have friends in a small group, ask about joining their group. If you are new to Saint Paul's and are looking for a place to connect, please feel free to contact us and we will do our best to help you find the right group.

Leader Tips:

The GPS document is a guide for discussion. Don't feel like you must use every question. Some questions will take a while to work through while others will be over in a few seconds!

1. Don't teach the lesson. The lesson was taught on the weekend. Just ask questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Relationships, not curriculum, are the heartbeat of our small groups. So, have fun with the people in your group.

Agenda for a Small Group Gathering

Gathering Time

Take 5-10 minutes to welcome everyone, catch up and if planned, share some food!

Discussion Time

Here's a suggested format:

1. **Ice Breaker** – Lighthearted icebreaker question (5-10 min.)
2. **Discussion** - Discussion time, Bible study, application challenge (30-40 min.)
3. **Prayer** – Prayer requests and praying for one another (10-20 min.)
4. **Planning** – Remind the group of how we serve together (e.g. usher, sing, greet, pray, etc.)