

This Conversation Guide is designed to be used while watching Jesse's teaching.



Icebreaker

1. How do you feel about talking and words? To other people? To yourself? To God?

With your group watch Jesse's teaching from minute 3:40 and pause at 7:23.

2. Respond to the exercise Jesse just did with the same words written to and from different people. What does it stir up in you when you? When you think about reading the Bible?

Watch Jesse's teaching from 7:23- 20:00.

Notes on teaching from Revelation 1: 1-9

3. What does all this have to do with "Why we say the things we say, or watching our words?"

Watch Jesse's teaching from 20:00- End of Teaching

Jesse refers to a study detailing three distinct channels of communication in people, highlighting three distinct needs. What matters in not so much **what** they say but **why** they are saying it.

1. **Identity Channel**- who am I? Am I worthy and lovable? They need affirmation.
 2. **Contact Channel**- looking for understanding. They are in a bubble and want someone to climb in with them.
 3. **Help Channel**- They are in need. They need to be served.
4. How can responding to people in the same channel they are speaking out of help build a connection or relationship with them?
 5. Do you have a "go to" channel of the three channels above?
 6. How could figuring out your channel help you relate better to others?