

What Is Communication?



So many ways to talk!

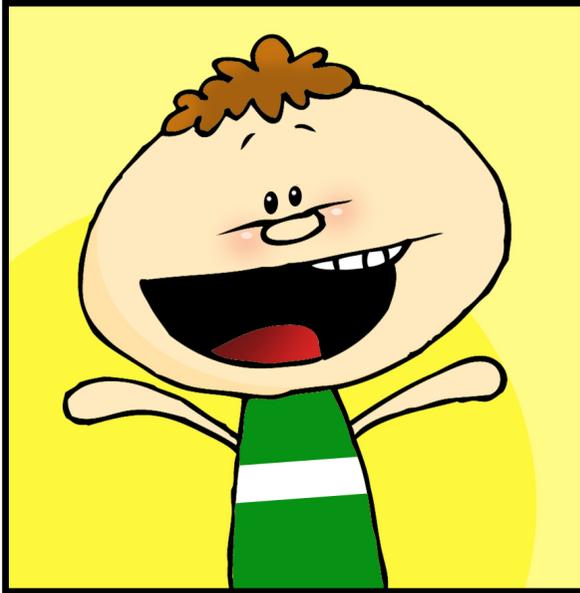
The dictionary says that communication is “the exchange of information between individuals, for example, by means of speaking, writing, or using a common system of signs or behavior.”

Simply put, communication is anything you do that conveys a message to someone else.

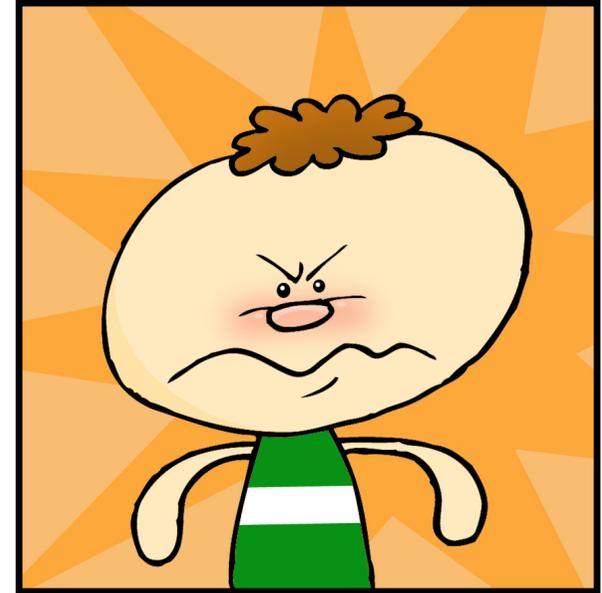


(Encarta 2009)

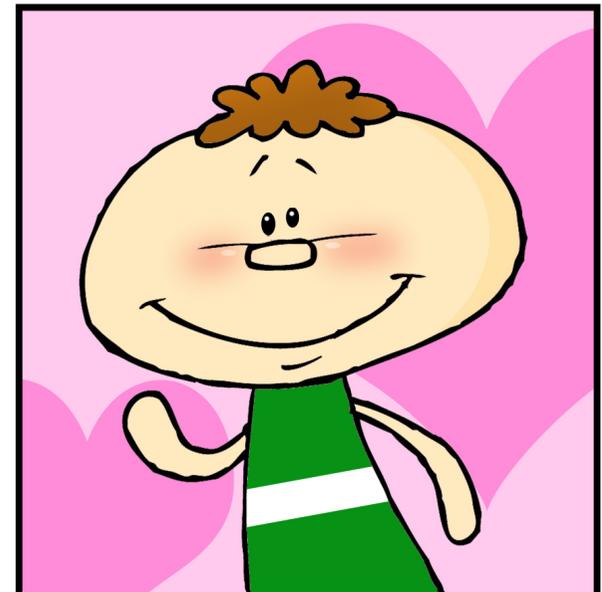
For example, each of the following can be a means of communication:



- ◆ Facial expressions, gestures, and the way you carry yourself can communicate your feelings to others.
- ◆ Your behavior can tell others about the kind of person you are, and your personality.

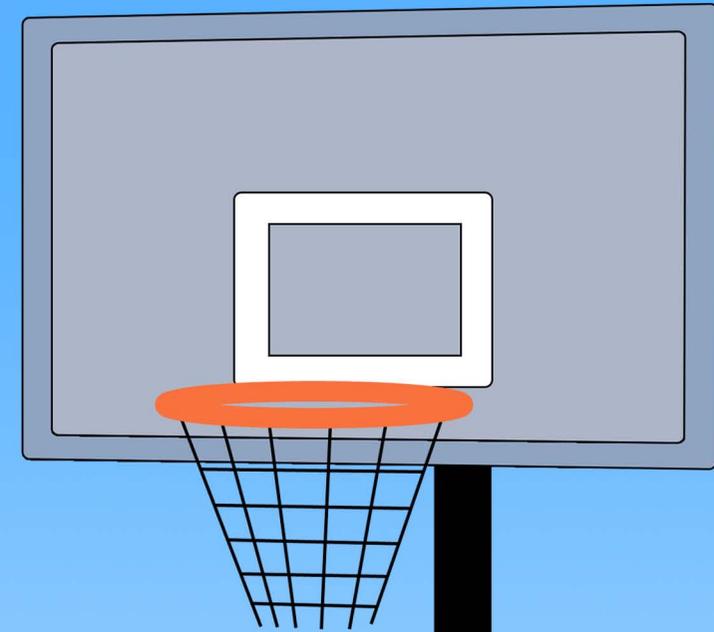


- ◆ Written words can be a way we communicate to others when we are not able to do so in person.
- ◆ Sign language is how those with impaired hearing communicate with each other.



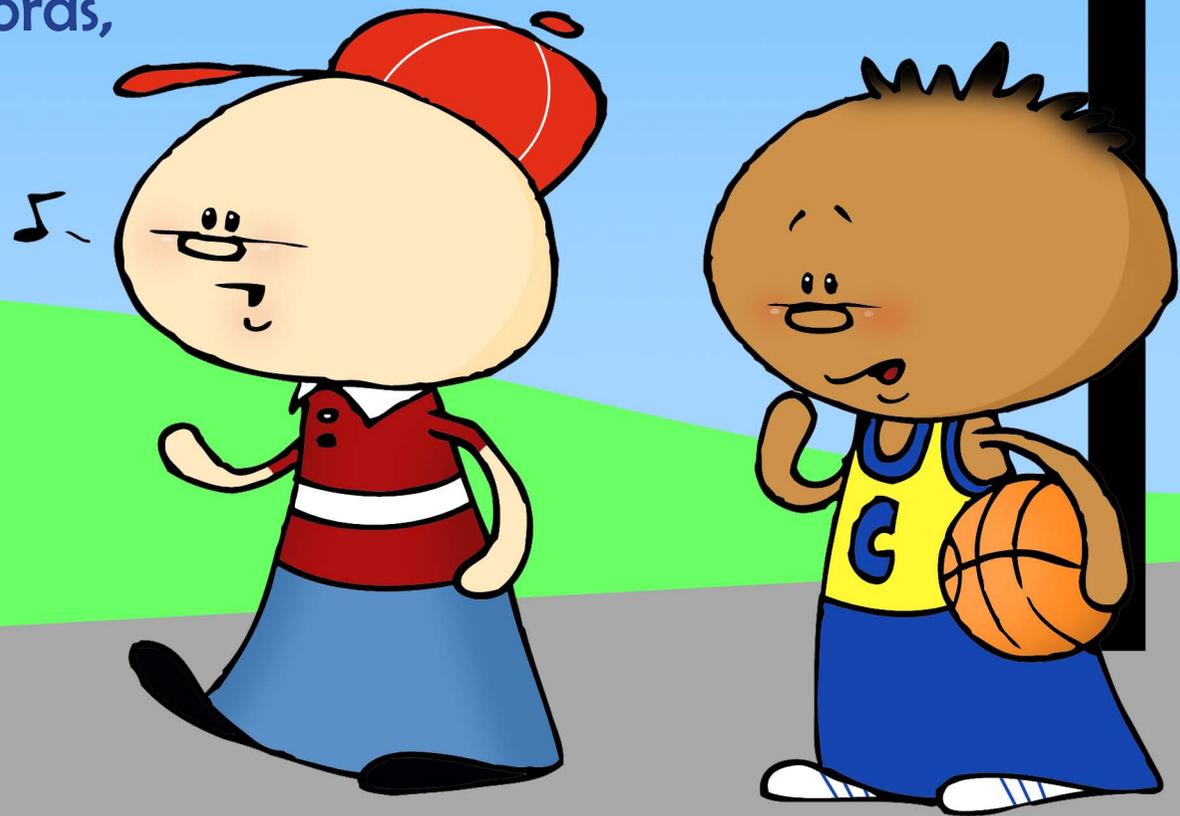
Think about this:

Jeffrey was at the park and he saw his friend Calvin by the playground. He smiled and waved at Calvin and walked toward him. Jeffrey didn't say anything out loud, but the message Jeffrey communicated to Calvin through his smile and wave was that he was happy to see him.



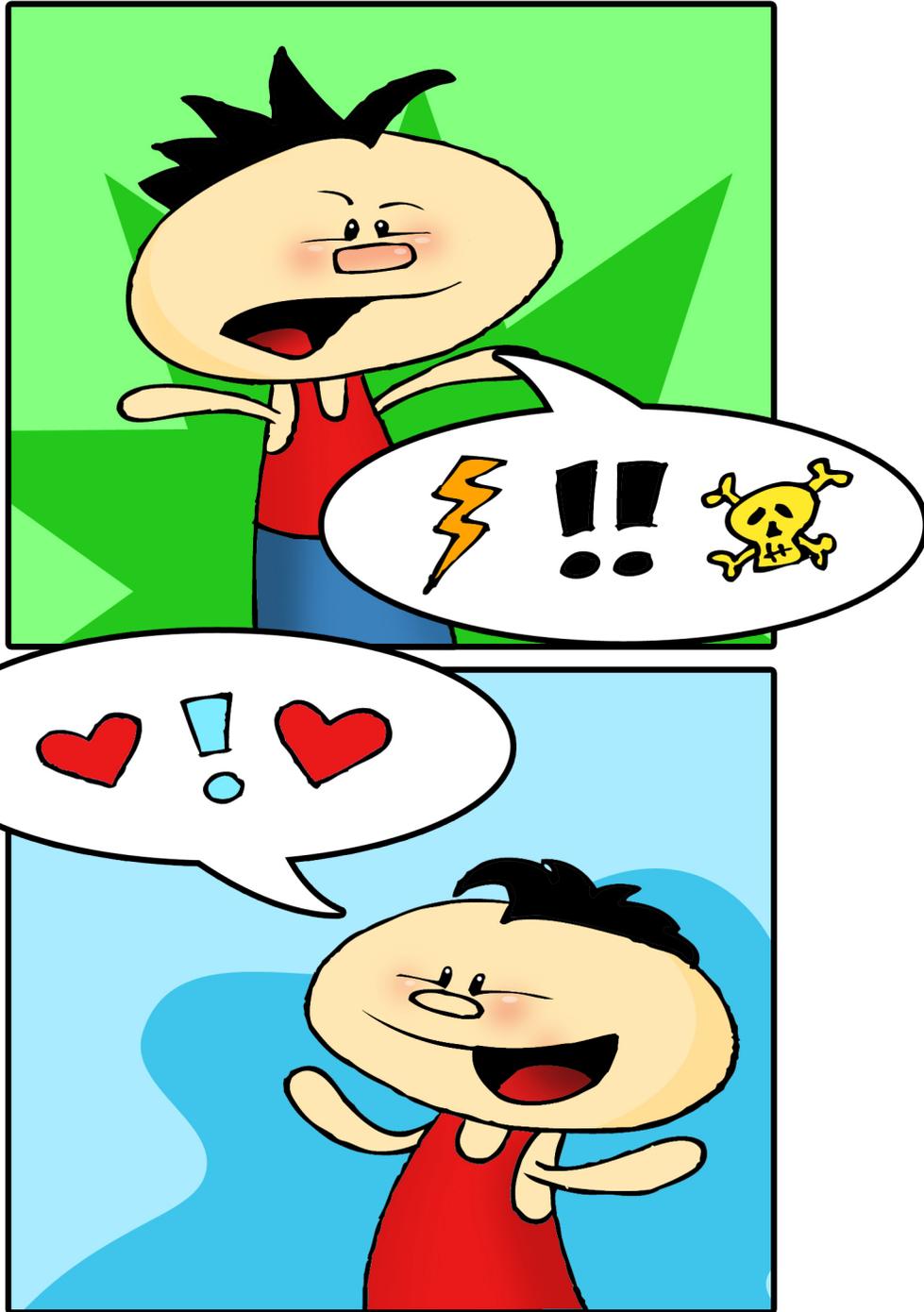
But what if Jeffrey didn't wave or smile when seeing Calvin? What kind of impression do you think Calvin would receive through Jeffrey's behavior?

We are continually communicating to others through both our words, as well as our behavior.





And the way we communicate (through words and behavior) is how others will view us to be. If you say kind words, people will see you as a kind person. If you are thoughtful and loving in your interactions with others, people will see that you are a thoughtful and loving person.



The Bible instructs us:

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen” (Ephesians 4:29 NIV). This means that our communications (our speech and our behavior) should lift others up.

If we are kind, thoughtful, and considerate in our communications with our friends and those we interact with, they will in turn want to spend more time with us, because people want to be with those who will encourage them and not drag them down. And since loving actions are often reflected in a loving response, our friends will be encouraged to be more loving and thoughtful in their communications with us, and others too!

