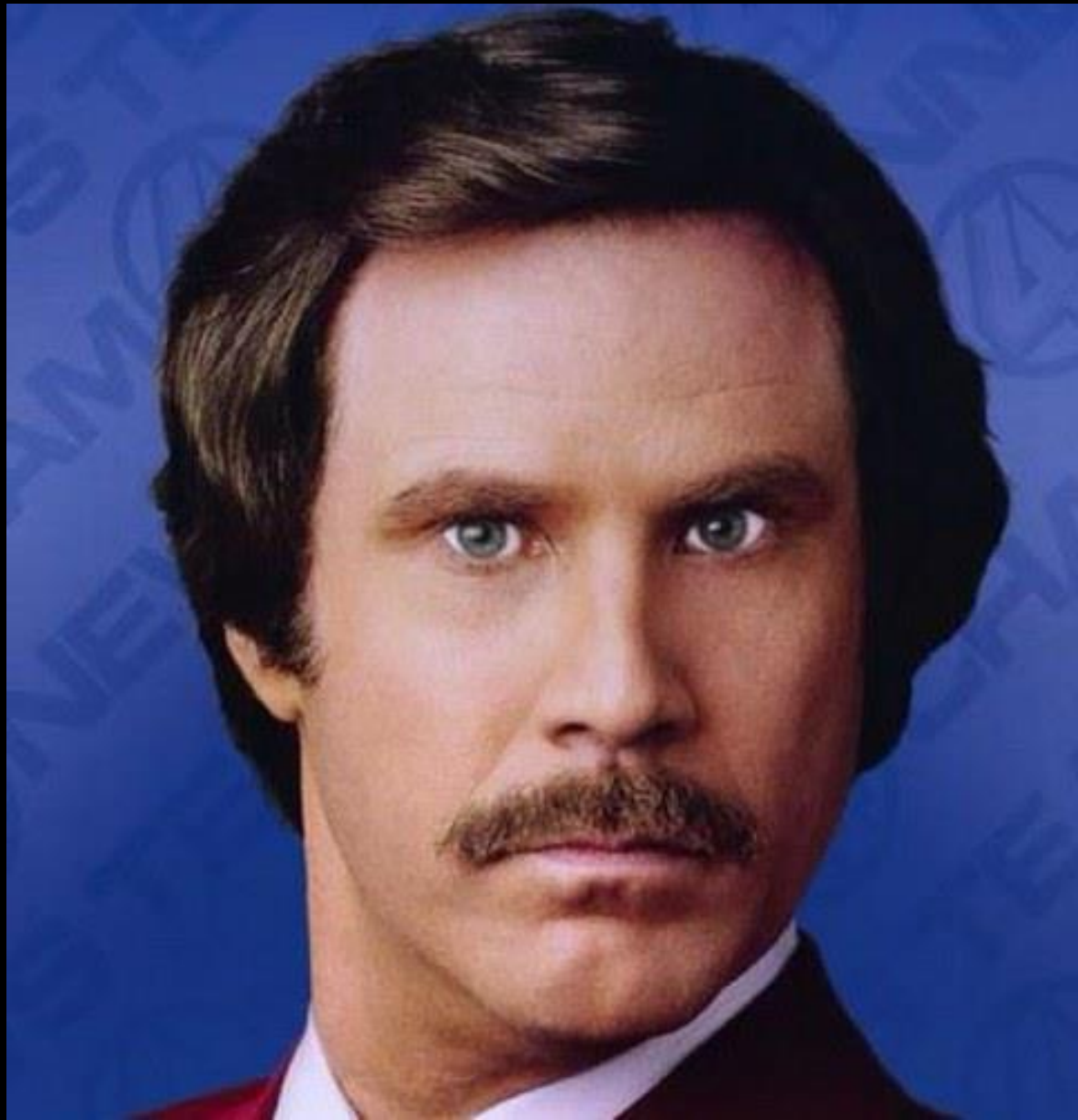
The background of the image is a dark, almost black, field filled with numerous red blood cells. These cells are depicted in various orientations and depths of focus, creating a sense of movement and depth. The lighting highlights the biconcave shape of the cells, giving them a three-dimensional appearance. The overall effect is a rich, textured red that contrasts sharply with the white text.

**Communication:
The Lifeblood
of Relationships**





Relationships Matter



*“Jesus often withdrew to
lonely places and prayed.”*

Luke 5:16





*“Jesus often withdrew to
lonely places and prayed.”*

Luke 5:16

Relationships Matter

ABOVE ALL,

LOVE

EACH OTHER

DEEPLY.

1 PETER 4:8

grunt

JOURNALIST



Love
One
Another



Three Skills for Better Communication

- 1. Listen Well**
 - 2. Encourage - speak kind words**
 - 3. Power Down**
- 



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Three Qualities for Better Communication:

1. Warmth
2. Genuineness
3. Empathy



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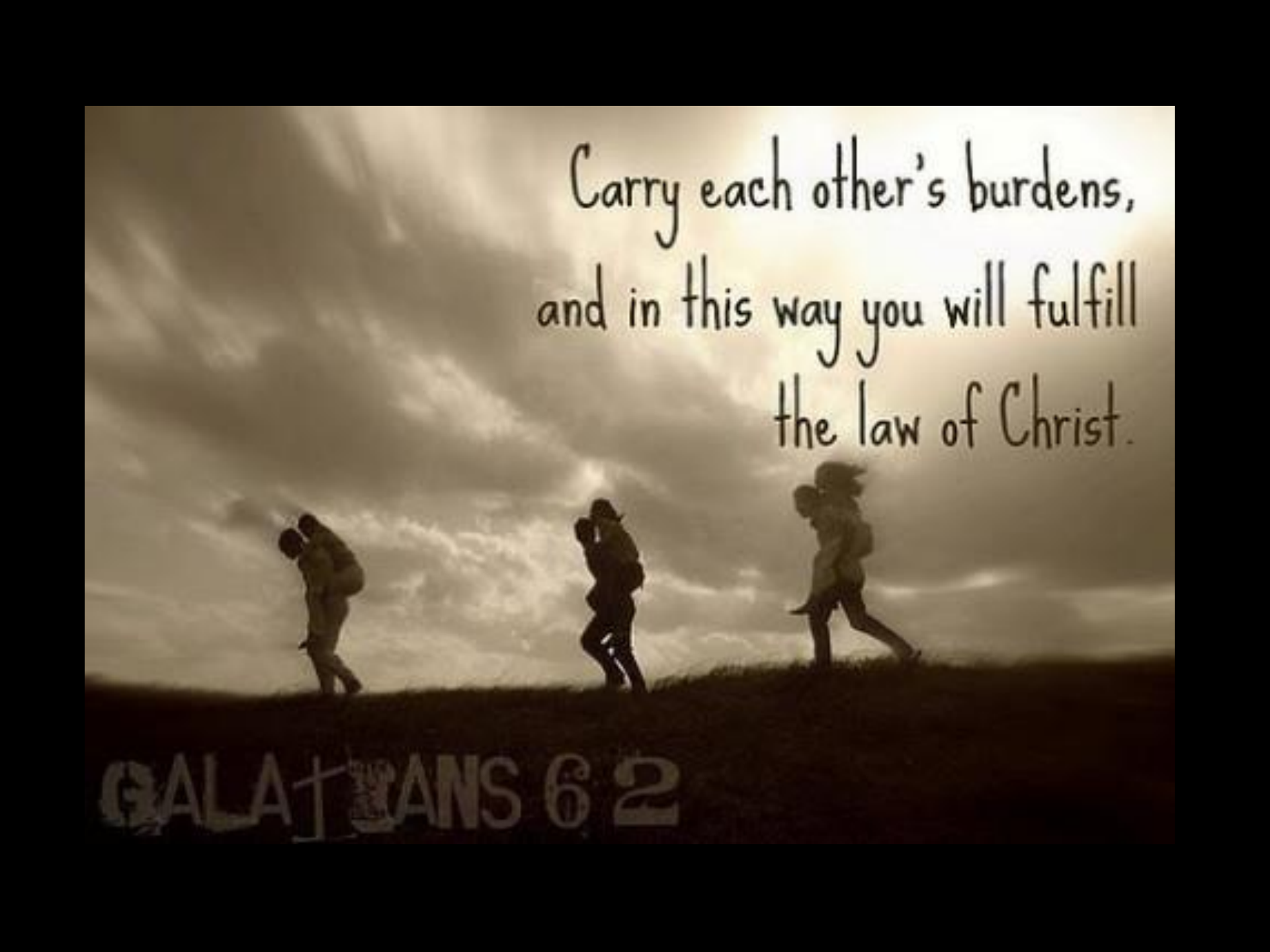
1. Warmth
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Three Qualities for Better Communication:

1. Warmth
2. Genuineness
3. Empathy




The image features a sepia-toned background with a cloudy sky. In the lower half, three silhouettes of people are shown walking from left to right across a grassy field. Each person is carrying a large, heavy-looking bundle on their back, representing a burden. The overall mood is one of struggle and support.

Carry each other's burdens,
and in this way you will fulfill
the law of Christ.

GALATIANS 6:2

Love must be sincere.
Hate what is evil
Cling to what is good.
Be devoted to one another in brotherly love.
Honor one another above yourselves.
Never be lacking in zeal
Keep your spiritual fervor, serving the Lord.
Be joyful in hope
Be patient in affliction
Be faithful in prayer.
Share with God's people who are in need.
Practice hospitality.
Bless those who persecute you.
Bless and do not curse.
Rejoice with those who rejoice.
Mourn with those who mourn.
Live in harmony with one another.
Do not be proud
Be willing to associate with people of low
position.
Do not be conceited.
Do not repay anyone evil for evil.
Be careful to do what is right in the eyes of
everybody.

The background of the image is a dark, almost black, space filled with numerous red blood cells. These cells are depicted in various orientations and depths of focus, creating a sense of movement and depth. The lighting highlights the biconcave shape of the cells, with some appearing more prominent and sharper than others. The overall effect is a rich, textured field of red, symbolizing life and vitality.

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