

In the Hands of God Communication Model



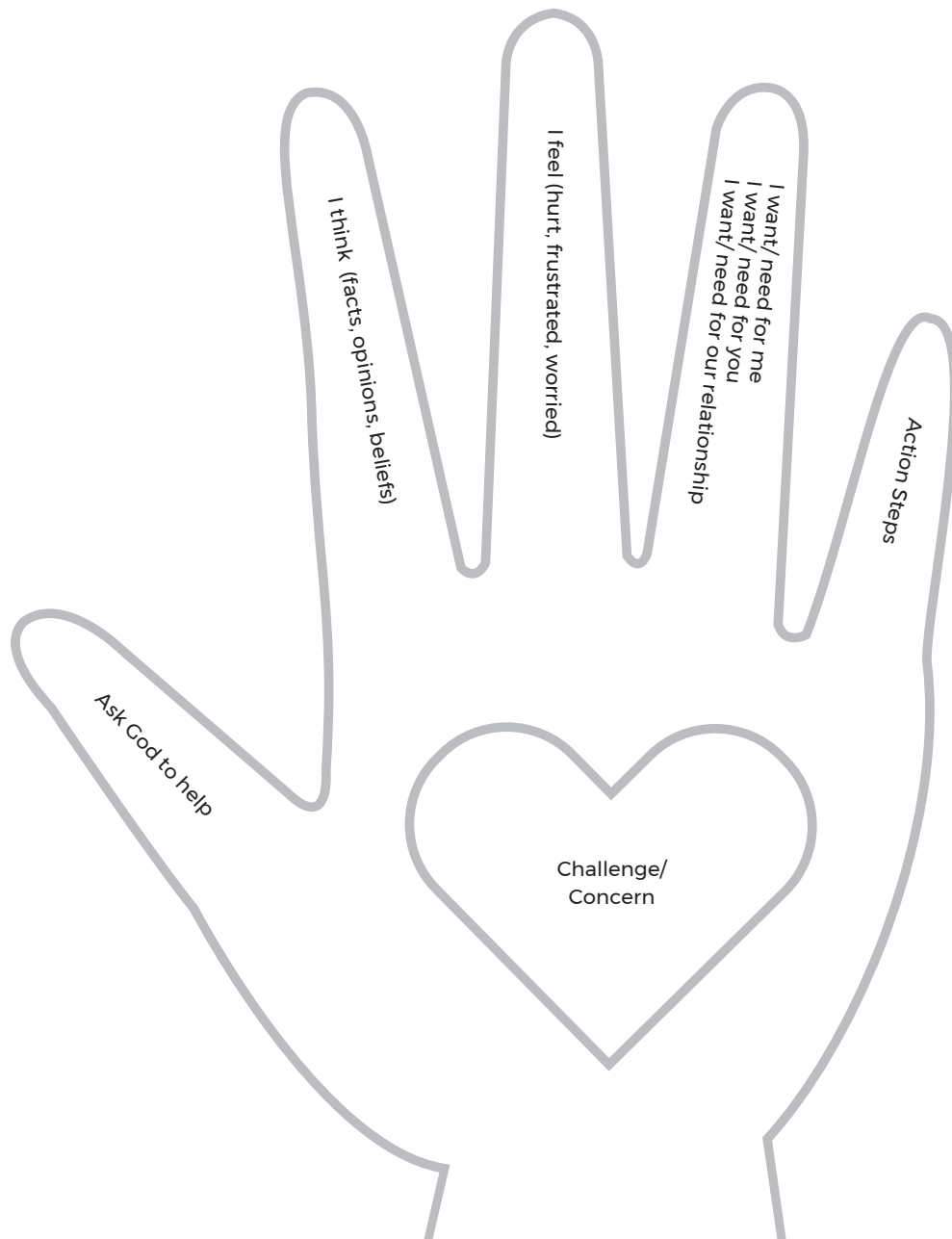
Craig David

*Do not be anxious about anything,
but in everything, by prayer and petition,
with thanksgiving, present your requests to God.
And the peace of God, which transcends all understanding
will guard your hearts and minds in Christ Jesus.*

Philippians 4:6-7

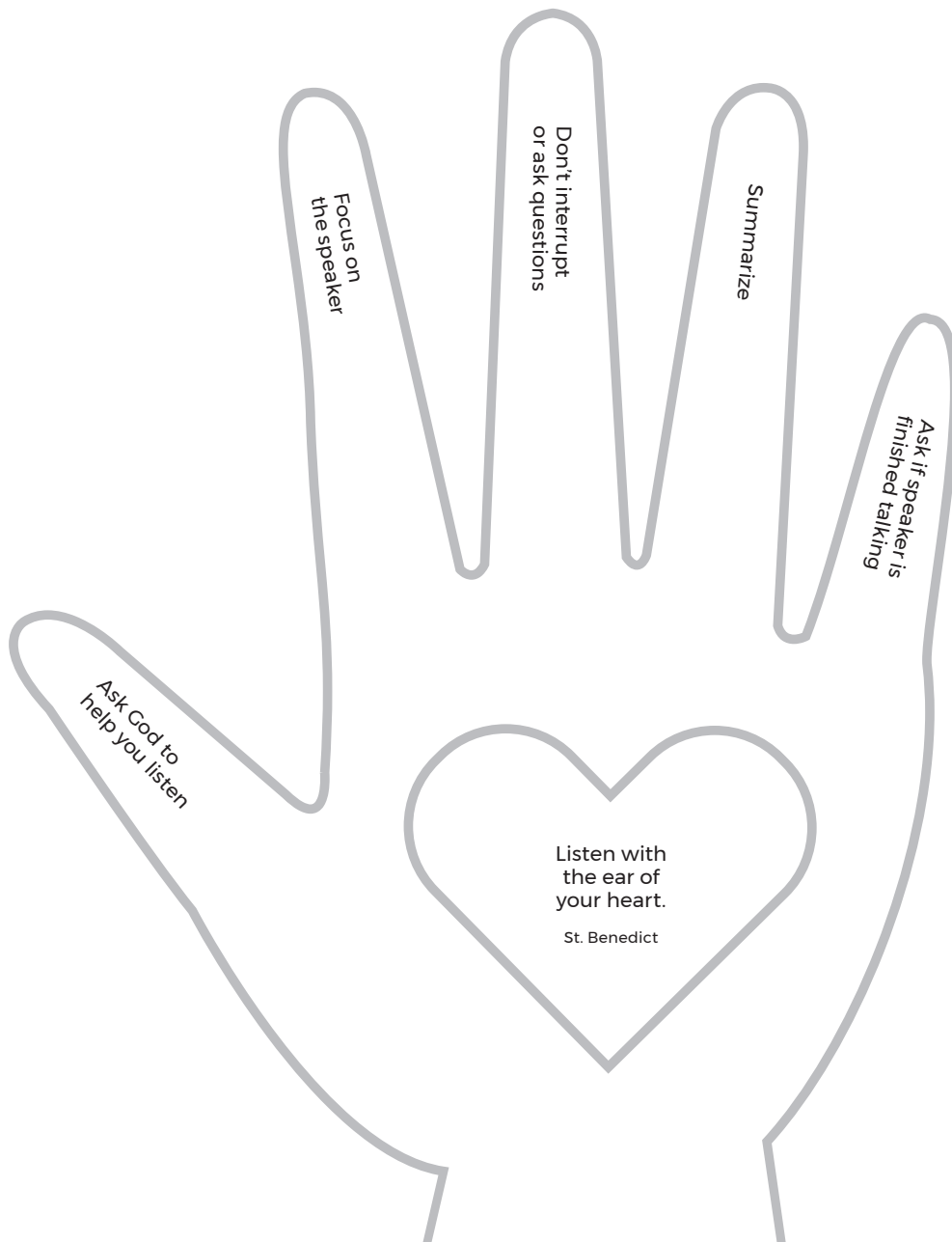
This communication model can be used on your own or with someone else. If you are sharing it, each of you will fill out the Self-Reflection Hand separately. When you are ready to come together, use the Holy Listening Hand to guide your listening.

Self-Reflection and Sharing Hand



1. Identify a specific problem. Write it in the palm's heart.
2. Ask God to help. Pray.
3. Reflect and write with the next three fingers using "I" statements. Focus on yourself. Begin where you feel the most drawn. Write freely. Have the courage to speak your truth!
 - a. I feel statements are about our feelings: hurt, sad, worried, scared, optimistic.
 - b. A need can be food, clothing, shelter, safety, trust, respect, affirmation, support, and honesty.
A want is something that would be nice but we can live without (material goods).
4. When you are both finished, take turns talking and listening using the Holy Listening Hand as your guide.
5. Together, decide on your action steps. Try small, measurable steps.
6. Thank God for the Divine Intervention.

Holy Listening Hand



When summarizing, repeat what you heard without adding your own feedback. You can refer to your partner's Self-Reflection Hand while summarizing. ("What I heard you say is.... Did I hear you correctly?")

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