

FAMILY MATTERS PART 4: COMMUNICATION FOR COUPLES

1. THE IMPORTANCE OF COMMUNICATING BIBLICALLY

The tongue has the power of life and death, and those who love it will eat its fruit. (Prov. 18:21)

- A. Our words can do great _____. (Prov. 12:25; 16:21)
- B. Our words can do great _____. (Prov. 12:18; James 3:5-6)

2. PUT OFF/PUT ON PRINCIPLE (EPHESIANS 4:22-24)

- A. PUT OFF: OLD SELF—"which belongs to your _____ manner of life and is corrupt through deceitful desires"
- B. PUT ON: NEW SELF—"created after the likeness of God in true righteousness and _____"
 - i. LIVE OUT WHO YOU REALLY ARE IN CHRIST, NOT WHO YOU USED TO BE
- C. "and to be renewed in the spirit of your minds."
 - i. A new way of talking required a new way of thinking. (Rom. 12:1-2)
 - ii. "We take every thought captive to obey Christ." (2 Cor. 10:5)

3. PRINCIPLES OF COMMUNICATION

- A. COMMUNICATE TRUTHFULLY—BE _____ (EPH. 4:25)
 - i. Beware of subtle dishonesty/lying
 - 1. 100% words: "You _____;" or "You _____."
 - 2. Sarcasm or "I was just _____."
 - 3. *Incongruity. Words are right, but body language or tone are not.*
 - ii. Honesty is more than just _____.
 - iii. Only One can know what I am thinking (1 Cor. 2:11)—Playing the "you know what I am saying/thinking" or "you *ought* to know what I am saying thinking" games are NOT allowed.
 - iv. Greek command in this verse: _____!

- B. COMMUNICATE REGULARLY—KEEP _____ (EPH. 4:26-27)
- i. There are generally two kinds of sinful anger:
 1. *Blowing up (see 4:31)*
 2. *Clamming up (the silent treatment)*
 - ii. Anger is energy that can be used to SOLVE problems
 - iii. Problems are to be solved as they arise.
 1. NOTE: Give a space to the other, if needed to calm down so you can actually talk.
 - iv. Questions to ask BEFORE dealing with a problem:
 - a. Do I have the facts right? We often *assume* we do and that is dangerous. (Prov. 18:13)
 - b. Should love hide this? (1 Pet. 4:8)
 - c. Is my attitude right? (Eph. 4:15)
 - d. Is my timing right? (Prov. 27:14)
 - e. Have I prayed for God's help? " (Prov. 3:5)
- C. COMMUNICATE CONSTRUCTIVELY—ATTACK THE _____ NOT THE _____ (EPH 4:29-30)
- i. We are to attack problems, not people.
 - ii. You are _____ trying to solve a problem, not _____ trying to win a case.
- D. COMMUNICATE THOUGHTFULLY-- _____ DON'T _____ (EPH. 4:31-32)
- i. Don't simply REACT to what others do or say:
 1. *Defend*
 2. *Counter Attack*
 3. _____ *Shift*
 4. *Run/Hide/Silence*
 - ii. Instead, ACT Biblically, God's Way
 - a. Be _____ in your actions and words (tone, volume)
 - b. Be _____ (Focus on the other person, not yourself)
 - c. Be open to _____ (take the posture of "How was I wrong here?") and be quick to _____
 - d. _____ before you speak:" Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God". (James 1:19-20)
 - e. _____ before you speak: "The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things." (Prov. 15:28)