

RELATIONSHIPS

PART 2 — REAL COMMUNICATION

February 12, 2017 | #REALationships

Let's not just talk about love; let's practice real love. (1 John 3:18, Message)

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. (Romans 12:2, NLT)

FOUR BARRIERS OF COMMUNICATION

- ✓ _____ and _____

—*Enhancing Marriage and Preventing Divorce* by Howard J. Markman, Scott M. Stanley, & Susan L. Blumberg

"You have heard that our ancestors were told, 'You must not murder. If you commit murder, you are subject to judgment.' But I say, if you are even angry with someone, you are subject to judgment! If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. —Jesus, (Matthew 5:21–22, NLT)

"Let me tell you something: Every one of these careless words is going to come back to haunt you. There will be a time of Reckoning. Words are powerful; take them seriously. Words can be your salvation. Words can also be your damnation." —Jesus (Matthew 12:36-37, Message)

"The single biggest problem in communication is the _____."

—George Bernard Shaw

"Communication is not just what you _____.
It's what people _____ and _____."

REAL COMMUNICATION

1. Speak words of _____

A word aptly spoken is like apples of gold in settings of silver. (Proverbs 25:11)

2. Speak words of _____

The tongue has the power of life and death, and those who love it will eat its fruit. He who finds a wife finds what is good and receives favor from the LORD. (Proverbs 18:21-22)

If you love someone... you will always expect the best of him. (1 Cor. 13:7, TLB)

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)

3. Speak words of _____

A gentle answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)

We will speak the truth in love, growing in every way more and more like Christ... (Ephesians 4:15, NLT)

4. Speak words of _____

I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure. (Psalm 16:8-9)

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FOUR BARRIERS OF COMMUNICATION

- ✓ Avoidance and withdrawal.
- ✓ Threats and escalation
- ✓ Belittling and invalidation.
- ✓ Negative and false interpretation.

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**"The single biggest problem in communication
is the illusion that it has taken place."**
—George Bernard Shaw

**"Communication is not just what you say.
It's what people hear and feel."**

REAL COMMUNICATION

1. Speak words of value.

A word aptly spoken is like apples of gold in settings of silver. (Proverbs 25:11)

2. Speak words of vision.

The tongue has the power of life and death, and those who love it will eat its fruit. He who finds a wife finds what is good and receives favor from the LORD. (Proverbs 18:21–22)

If you love someone... you will always expect the best of him. (1 Cor. 13:7, TLB)

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)

3. Speak words of truth (in love).

A gentle answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)

We will speak the truth in love, growing in every way more and more like Christ... (Ephesians 4:15, NLT)

4. Speak words of trust in God.

I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure. (Psalm 16:8–9)



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