

COMMUNICATION – PART 1

LESSON 10

M.I.P.

Session 10 – Most Important Point

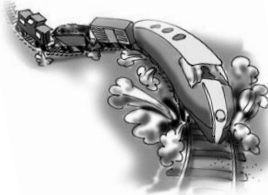
**FOR GODLY COMMUNICATION; CLEANSE YOUR
OWN HEART OF SIN, THEN BE SWIFT TO HEAR,
SLOW TO SPEAK, SLOW TO WRATH.**

Communication often tops the list of marriage problems because communication is the flow of life in a marriage.

Kay Arthur defines communication as;
“The art of listening, watching, and sharing.”

Would that define communication in your marriage? or . . .
Would the idea of two trains of thought better define your marriage?

2 TRAINS OF THOUGHT



Imagine two trains of thought – one train sent out of your station with all the engines under full power, and you’re sure when that train of thought reaches your spouse, certainly they will receive it.

The only problem is; Your spouse is sending out their own train of thought at the same time, on the same track, with just as much engine power.

LOOK OUT !!!

So just about half way between your two train stations, there's a head-on collision of two trains of thought under full power.

The accident is often ugly. The trains derail, the track is now blocked, and there are always injuries.



Sometimes it may not be two trains colliding, but possibly one of the receiving train stations is shut down all together. Hurt, unforgiveness, anger, can all put a receiving station into such disrepair that it can't even receive a train of thought at all.

The problem is often easy to spot. The question is, how can we get those trains of thought sending and receiving as God designed them to?



First we must understand communication is a matter or your own heart, and that is the first place you must look for transformation.

In Luke 6:43, at the conclusion of the 'plank and speck' parable (a great parable to study), Jesus says, "*Your words reveal your heart!*"

Luke 6:43-45

⁴³ *For a good tree does not bear bad fruit, nor does a bad tree bear good fruit.*

⁴⁴ *For every tree is known by its own fruit. For men do not gather figs from thorns, nor do they gather grapes from a bramble bush.*

⁴⁵ *A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. **For out of the abundance of the heart his mouth speaks.***"

Bitter heart = Bitter words
Loving heart = Loving words

We need a renewing of our heart toward our spouse.
We must repent of the sin that's causing our train wrecks.

What causes the fire and the poison of our tongue is;
deep down inside we have sin in our heart – usually
the sin of anger, bitterness, and unforgiveness.



So, the first step to Godly communication is not becoming a better talker,
it's dealing with the sin in our own heart. Because it's the sin that's causing
you to spew toxic waste into your marriage.



If you don't repent of these sins and allow
God to transform you, you will continue to
create head-on train wrecks in your
marriage.

But if you will be transformed in your heart,
finally, you'll be ready to talk.



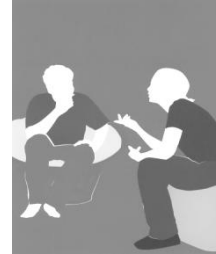
After you acknowledge and repent of the sin in your own heart, the next
step is to let the power of God renew your mind in your communication.

Jas 1:19

*"So then, my beloved brethren, let every man be swift to hear,
slow to speak, slow to wrath;"*

This is exactly opposite of our nature, and that's why we experience so many communication train wrecks.

Tell me, how many words has your spouse spoken before you begin formulating your response?



Actually, *since we already know what our spouse is going to say*, we're usually busy getting our train ready to send out – **WHILE THEY'RE STILL TALKING !**

Maybe we should just wear a sign on our head that says;
"head-on collision coming"

Instead, can I suggest something very simple to you – **PARK IT!**
Just park your train of thought for a minute.

We must **SHUT . . . down** – our thought preparing process,
and we must **open up** our thought receiving process.

We must put all our effort, and all our focus, into really receiving what our spouse is saying.

One of the greatest discoveries of true communication is the awesome power of the listening ear. Listen proactively, with real effort.

This means you cannot be re-loading your guns (*I mean your thoughts*), while your spouse is talking.

And . . . If you interrupt your spouse, that means
you are not listening !



DO NOT Interrupt! Concentrate on listening. We must crucify our ‘self’ interest, in order to understand our spouses position.

We need to develop true Empathy . . .

Webster’s Definition of Empathy – *The action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another.*

We must be SWIFT to hear and . . .



Again James 1:19

“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;”

The word for ‘slow’ means literally inactive in mind.

Before you release that nuclear train hiding in your mouth, be inactive in your mind. Just **STOP** – be **INACTIVE** for a minute . . .

First, put yourself in your spouse’s position and try hard to feel what they are feeling. And when you do finally speak, you must **speak the truth in love**.

Eph 4:15

“. . . speaking the truth in love, [we] may grow up in all things into Him who is the head – Christ”

“Speaking the truth in love” is a vital key to true communication.

- After you’ve crucified your ‘self-will’
- After you’ve really listened to what your spouse has said . . .
- Next – you’ve got to dig way down into your heart, and honestly share what you are actually feeling - ***IN LOVE***.

Some of us, when we feel ‘hurt’ – we say, *“You’re a Jerk.”*

When we feel ‘rejected’ – we say, *“I don’t need you.”*

When we feel ‘unloved’ – we say, *“Why don’t you ever help around here?”*

That’s speaking – but it’s not the truth - and it’s not in love . . .

When you feel ‘Hurt’ – you need to say, *“I feel really hurt.”*

When you feel ‘Rejected’ – you need to say, *“I feel really rejected.”*

When you feel ‘Unloved’ – you need to say, *“I feel really unloved.”*



SPEAK THE TRUTH IN LOVE

Your spouse can not read your mind (not even between the lines).

It’s critical that you share how you really feel – in love.

Is there a description of how to “speak the truth in love?”

Yes, it’s in **1Cor 13:4-8**. Please take the time to really study it. Read each description of love and ask yourself if you are communicating ***IN LOVE***.

*When you get around to speaking,
speak in AGAPE LOVE.*

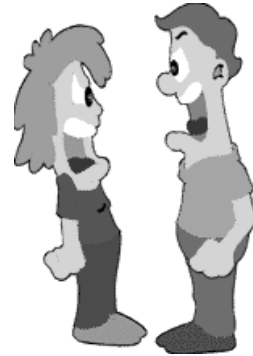


Finally, we must be . . .



One more time - Jas 1:19

"So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;"



If you are 'swift to hear' and 'slow to speak', you will be slow to wrath.

Once you get angry, all real communication ends.

Eph 4:26-27

*²⁶ Be angry, and do not sin": do not let the sun go down on your wrath,
²⁷ nor give place to the devil."*

When you begin to feel angry, **DO NOT SIN.**

Stop talking, walk away, take a break, PRAY.

Get an anger accountability partner and go call them, right away.

Do something besides feeding your anger and then unleashing it.

Do not let the sun go down on your wrath. You must recognize your anger as sin, and deal with it immediately (in your own heart).

If it can't be resolved immediately, at least ask for forgiveness for the sin of your anger.



WHY? Why not just let your anger stew and boil? Because **Eph 4:27** says “*nor give place to the devil.*”

If you nurse your anger, you will be giving place for the devil to work.

I know – you’re right. You deserve to be angry. Your spouse deserves to get anger stew for dinner tonight. I KNOW – it’s their fault and they deserve it.

And please listen carefully; YOU are setting a place at that anger stew table for the devil.



And trust me, he will take advantage of the place you’ve set for him.

He will go to work quick, fast, and in a hurry, and he has only one goal; To steal – kill – and destroy your marriage.

In 2Cor Ch 2, Paul’s talking about the importance of forgiveness:

2Cor 2:10-11

¹⁰ . . . *I have forgiven that one for your sakes in the presence of Christ,*
¹¹ *lest Satan should take advantage of us; for we are not ignorant of his devices.”*

Don’t be ignorant of Satan’s devices.

If you set the devil a place in your marriage through unforgiveness, anger, and resentment, he will gladly take it.

**Protect your heart (and your marriage)
by crucifying your sin of anger, and being
transformed by the renewing of your mind.**

You can practice this "protection process" **during** your transformation . . .

2-Step action required while working on the above steps:

- 1 Extend tongue between upper and lower teeth
 - 2 When necessary . . . clamp teeth firmly together.
- Hold this position until you've dealt with your own sin and can speak the truth in love.

Response Time . . .

- How often can your communication be described as *"Two trains of thought on a collision course?"*
_____ Seldom _____ Frequently _____ Always
- Do you justify your anger at your spouse, or do you acknowledge it as sin?
_____ Justify it _____ Acknowledge it as sin
- Are you willing to repent of your sin of anger and be swift to hear and slow to speak?

Let's Pray *"Heavenly Father, I am so sorry for my sin of anger toward my spouse, please forgive me. I repent of this sin. Please give me the power by your Holy Spirit to not sin when I feel angry. I thank you for my spouse, please help me crucify my anger, and be swift to hear and slow to speak. In Jesus Name, amen."*