

HOW TO BECOME — A BETTER — COMMUNICATOR



S E R M O N G U I D E

No Limits with Dr. Delman Coates

How To Be A Better Communicator

James 1:19-20

INTRODUCTION	NOTES
I would venture to say that at some point in your life, you've had moments in which a breakdown in communication led to division, misunderstanding, and flat-out confusion. Breakdown in communication is a real thing, and it's an issue we need to address in a way that honors the Lord and aligns with His Word. In this message, we're going to look at the book of James and see how Jesus' half-brother hones in on a few tips to help bridge the many gaps that impact communication. If we apply these tips to our own lives, we will surely become better communicators.	
KEY POINTS	
1. Learn How To Listen More During communication and conflict resolution, we should make hearing for comprehension and hearing the other person's heart our main objective. The reason God gave us twice as many ears as mouths is because listening is twice as important as talking. James says in today's key text to be quick to listen. Make hearing what the other person is saying your first priority. Before you even think to open your mouth to say a word in response, ask yourself whether you have taken the time to really listen to understand what the other person is saying.	
2. Learn How To Talk Less James is not saying here that we shouldn't speak at all when trying to resolve conflict or express ourselves. That would be counterintuitive. But what he is saying is to make sure that our responses during communication match the moment, are said in love and grace, and really reflect something that we won't later have to retract out of regret.	
Sometimes, the fact of the matter is that the first thing that comes to your mind may not be the thing that should come out of your mouth. In this case, we should remember what Proverbs 17:27 says "Whoever restrains his words has knowledge, and he who has a cool spirit is a man (or a woman) of understanding."	

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3. Try To Avoid These Communication Traps	NOTES
- Are you distracted?	
 Do you constantly interrupt the other person while they're talking? 	
- Are you sending non-verbal messages that disrupt	
communication? - Are you consistently turning the communication back to	
yourself?	
4. Learn To Calm Down During Communication	
This last point, calming down and learning how to get control of and over our emotions, is the key to listening more and talking	
less. When you lower the temperature of the conversation it helps	
things to stay on track and stay in God's will. Proverbs 15:18 says,	
"A hot-tempered man stirs up strife, but he who is slow to anger quiets contention." Rather than throwing hands, rather than	
blowing your top, rather than losing your cool, the Word counsels	
us to be "slow to anger." It's because anger, like our emotions,	
while valid, isn't always accurate.	

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QUESTIONS TO CONSIDER

- 1. When was the last time you were part of a miscommunication or an instance of poor communication? What did you learn from that situation?
- 2. Did any of the communication traps listed above apply to the way you communicate? If so, which ones?

3.	Which of the three points James makes (listen more, talk less, calm down) do you want to work on more when it comes to the way you communicate?