



Uncommon – Part 4 – Uncommon Communication
Ray Hammond – ray@epicchurchbuffalo.com
February 19, 2017

4 UNHEALTHY WAYS TO COMMUNICATE:

- **INVALIDATION**
- **FALSE BELIEF**
- **ESCALATION**
- **WITHDRAWAL**

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

T.H.I.N.K. BEFORE YOU SPEAK

1) Speak the TRUTH in love.

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

2) Speak what is HELPFUL, not hurtful.

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 that INSPIRE.

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

Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time! – Proverbs 15:23

4) Speak only what is NECESSARY.

Watch your tongue and keep your mouth shut, and you will stay out of trouble. – Proverbs 21:23

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. – James 1:19

5) Speak what is KIND, not what is rude.

Pleasant words are like a honeycomb, sweet to the soul and healing to the bones. – Proverbs 16:24

Anxiety weights down the heart, but a kind word cheers it up.
– Proverbs 12:25

APPLICATION ZONE:

- What is one relationship I will work on this week?

- How will I re-THINK my words in that relationship?
