

Family30
Better Communication

February 18, 2018

Romans 12:2 (NLT) 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.

Four Barriers to Communication (Let's ELIMINATE these from our family)

- ✓ Withdrawal.
- ✓ Escalation.
- ✓ Belittling.
- ✓ False belief.

Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.

Matthew 12:33-37 "A tree is identified by its fruit. If a tree is good, its fruit will be good. If a tree is bad, its fruit will be bad. You brood of snakes! How could evil men like you speak what is good and right? For whatever is in your heart determines what you say. A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. And I tell you this, you must give an account on judgment day for every idle word you speak. The words you say will either acquit you or condemn you."

1 John 4:15-16 If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.

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

Communication we should ADD to our life:

1. Thanksgiving.

Proverbs 18:21-22 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.

2. Affection.

Jeremiah 31:3 (NLT) "I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself."

3. Encouragement.

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

4. Kindness.

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

Ephesians 4:29-30 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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

5. Truth in love.

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

6. Prayer.

Psalms 16:8-9 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.

Walk Away: Jesus is my source of life; therefore I will speak words of life.