



Sermon Title: A Christian Home part 5

Sermon Title: Effective Family Communication

Date: 5/22/ 2022

Big idea: Strengthen your communication, and you will strengthen your Family.

Strong communicators develop several skills.

Communication Skill #1. Listen attentively

James 1:19

Listening attentively requires me to...

- **Focus on the other person**

Focus attention on the other person; maintain eye contact. Listening requires me to focus my attention. To lay down the device, step away from the task, put down the book. Try to “parrot” back what you’ve heard. If you’re not sure you understand, ask for clarification

- **Delay the response**

Proverbs 29:20. A common communication flaw. Someone is speaking, and you’re formulating a response and end up misinterpreting what was said. We must delay our response and until the other is finished.

- **Empathy**

The ability to put yourself in another's place. **1 Peter 3:7.** Pause before you speak, and ask yourself, “What is he/she feeling?”

Communication Skill #2. Craft the message accurately

Proverbs 25:11

An “apt” message is accurate. Do my words communicate what them to hear? Accuracy is enhanced by good timing (**Proverbs 15:23**).

Learn the balance between being straightforward versus putting off to a “better time.” Ask yourself, “Is this the best time and place in which to discuss this issue?”

Remember the acrostic, H-A-L-T. Consider delaying the message if either of you is... Hungry, Angry, Lonely, Tired

Communication Skill #3. Send the message appropriately

The way we send our messages is as important as the message content.

- **Make Sure Our Tongue Is Under God's Control**

Proverbs 13:3, Proverbs 15:4, Proverbs 21:23. Do you suspect a difficult conversation is coming? Ask yourself, "Am I allowing the Spirit of God to control me?" You can say anything to anyone, provided you know how to say it well. **Galatians 5:22-23**

- **Take Responsibility for Our Own Feelings.**

Use "I" statements. Don't say, "You're always late and you make me angry." Rather, "I feel angry when you're late."

- **Lovingly speak truth**

Ephesians 4:15.

We won't tiptoe around issues. We'll also avoid counterproductive communication. Like...

Hinting. One of the most frustrating experiences beat around the bush. You have to guess at what they are trying to say.

Aggressiveness. Avoid "powering up" on people. **Proverbs 27:17** Aggressive speech and posture shuts off communication. The desire to "win" shuts down communications.

- **Speak encouragement**

Ephesians 4:29b. We sometimes speak in ways that tear each other down rather than build each other up. Sarcasm, verbal put-downs and criticism are just a few examples of hurtful and malicious language. Does this kind of behavior have any place in the life of a follower of Jesus Christ?

Ephesians 4:29 is rich in communication instruction. The NIV says we should say what is "helpful for building others up." Our words should be making them strong. That word is an architectural term. A building is something that is strong. It is not like a tent that can be blown over or a hut that can be destroyed in a storm. Our words should build others up. They should make that person strong and impart encouragement and life to them. Every family member should feel loved and cared for, special and precious to the others; valued; respected – especially in marriage. **Ephesians 5:33**

Discussion Questions:

- **What about the sermon stuck with you this week? What part challenged your thinking?**
- **How do digital devices impacted the way we communicate with one another – both positive and negative?**
- **When communicating with other people – what are your strengths? Your weaknesses?**
- **Describe a situation where your relationship suffered because of poor communication**
- **What advice would you give to someone who has difficulty listening during a conversation?**