

July 1, 2018
BUILDING SUCCESSFUL RELATIONSHIPS - Part 6
“Communication”

Communication is so important for building healthy relationships.

Genesis 1:3-4 (NIV): “³And God *said*, ‘Let there be light,’ and there was light. ⁴God saw that the light was good....” (*emphasis added*)

Proverbs 15:1 (NIV): “A gentle answer turns away wrath, but a harsh word stirs up anger.”

Proverbs 16:24 (NLT): “Kind words are like honey – sweet to the soul and healthy for the body.”

Proverbs 18:20 (NLT): “Wise words satisfy like a good meal; the right words bring satisfaction.”

Jesus: “‘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. What you say flows from what is in your heart.’” (**Luke 6:45** NLT)

James 1:26 (NIV): “If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.”

Every relationship is totally dependent on communication to survive.

The quality of the communication in our relationships is just as important to health as the actual presence of communication.

Ephesians 4:29 (NASB): “Let no unwholesome word proceed from your mouth, but only such a *word* as is good for edification according to the need of *the moment*, so that it will give grace to those who hear.”

“unwholesome word” (Greek) = *putrid or rotten*

Proverbs 18:21 (NKJV): “Death and life *are* in the power of the tongue...”

We can just as easily build up as tear down, and the results for everyone are better and so much more rewarding!

Just as important to communication is listening.

Proverbs 18:2 (ESV): “A fool takes no pleasure in understanding, but only in expressing his opinion.”

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

Communication is not limited to our words but also includes the tone of our voice and our nonverbal behaviors, such as expressions, posture, etc.

Men and women tend to communicate differently.

For the disciple of Jesus, the focus has to be on the other person.

Philippians 2:3-5 (NIV): “³Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. ⁴Each of you should look not only to your own interests, but also to the interests of others. ⁵Your attitude should be the same as that of Christ Jesus”

Colossians 3:17 (NLT): “And whatever you do or say, do it as a representative of the Lord Jesus...”

Want to go deeper - Check out “Building Successful Relationships” by Michael and Laura Fletcher on RightNow Media (www.gateway-community.org/find-it/).

Get the *Life Journal* Bible Reading Plan at gateway-community.org/Find-it

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