

HOW DO YOU SPEAK?

BIBLICAL COMMUNICATIONS

EPHESIANS 4:25-32

HOW DO YOU SPEAK?

- LIFESTYLE WEBSITE YourTango.com POLLED 100 MENTAL HEALTH PROFESSIONALS AND FOUND THAT COMMUNICATION PROBLEMS WAS CITED AS THE MOST COMMON FACTOR THAT LEADS TO DIVORCE (65 PERCENT), FOLLOWED BY COUPLES' INABILITY TO RESOLVE CONFLICT (43 PERCENT).
- THEY SURVEY ALSO FOUND THAT MEN AND WOMEN HAVE DIFFERENT COMMUNICATION COMPLAINTS. SEVENTY PERCENT OF THE EXPERTS SURVEYED SAID THAT MEN CITE NAGGING AND COMPLAINING AS THE TOP COMMUNICATION PROBLEM IN THEIR MARRIAGE. WOMEN'S TOP COMPLAINT WAS THAT THEIR SPOUSE DOESN'T VALIDATE THEIR OPINIONS OR FEELINGS ENOUGH, ACCORDING TO 83 PERCENT OF EXPERTS.

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EPHESIANS 4:25-32

<https://www.youtube.com/watch?v=9wy0vCXClgk>

THE BIBLE HAS MUCH TO SAY ABOUT COMMUNICATION!

- **140 VERSES ABOUT THE TONGUE**

- PROVERBS 6:17 HAUGHTY EYES, A LYING TONGUE, AND HANDS THAT SHED INNOCENT BLOOD,
- PROVERBS 10:20 THE TONGUE OF THE RIGHTEOUS IS AS CHOICE SILVER, THE HEART OF THE WICKED IS WORTH LITTLE.
- PROVERBS 10:31 THE MOUTH OF THE RIGHTEOUS FLOWS WITH WISDOM, BUT THE PERVERTED TONGUE WILL BE CUT OUT.
- PROVERBS 12:19 TRUTHFUL LIPS WILL BE ESTABLISHED FOREVER, BUT A LYING TONGUE IS ONLY FOR A MOMENT.

THE BIBLE HAS MUCH TO SAY ABOUT COMMUNICATION!

- **140 VERSES ABOUT THE TONGUE**
- PROVERBS 15:2 THE TONGUE OF THE WISE MAKES KNOWLEDGE ACCEPTABLE, BUT THE MOUTH OF FOOLS SPOUTS FOLLY.
- PROVERBS 18:21 DEATH AND LIFE ARE IN THE POWER OF THE TONGUE, AND THOSE WHO LOVE IT WILL EAT ITS FRUIT.
- PROVERBS 21:6 THE ACQUISITION OF TREASURES BY A LYING TONGUE IS A FLEETING VAPOR, THE PURSUIT OF DEATH.
- PROVERBS 21:23 HE WHO GUARDS HIS MOUTH AND HIS TONGUE, GUARDS HIS SOUL FROM TROUBLES.

THE BIBLE HAS MUCH TO SAY ABOUT COMMUNICATION!

- JAMES 1:26 IF ANYONE THINKS HIMSELF TO BE RELIGIOUS, AND YET DOES NOT BRIDLE HIS TONGUE BUT DECEIVES HIS OWN HEART, THIS MAN'S RELIGION IS WORTHLESS.
- JAMES 3:5-6 SO ALSO THE TONGUE IS A SMALL PART OF THE BODY, AND YET IT BOASTS OF GREAT THINGS. SEE HOW GREAT A FOREST IS SET AFLAME BY SUCH A SMALL FIRE! AND THE TONGUE IS A FIRE, THE VERY WORLD OF INIQUITY; THE TONGUE IS SET AMONG OUR MEMBERS AS THAT WHICH DEFILES THE ENTIRE BODY, AND SETS ON FIRE THE COURSE OF OUR LIFE, AND IS SET ON FIRE BY HELL.
- JAMES 3:8 BUT NO ONE CAN TAME THE TONGUE; IT IS A RESTLESS EVIL AND FULL OF DEADLY POISON.

THE BIBLE HAS MUCH TO SAY ABOUT COMMUNICATION!

- JAMES 4:1-4 WHAT IS THE SOURCE OF QUARRELS AND CONFLICTS AMONG YOU? IS NOT THE SOURCE YOUR PLEASURES THAT WAGE WAR IN YOUR MEMBERS? ² YOU LUST AND DO NOT HAVE; SO YOU COMMIT MURDER. YOU ARE ENVIOUS AND CANNOT OBTAIN; SO YOU FIGHT AND QUARREL. YOU DO NOT HAVE BECAUSE YOU DO NOT ASK. ³ YOU ASK AND DO NOT RECEIVE, BECAUSE YOU ASK WITH WRONG MOTIVES, SO THAT YOU MAY SPEND IT ON YOUR PLEASURES. ⁴ YOU ADULTERESSES, DO YOU NOT KNOW THAT FRIENDSHIP WITH THE WORLD IS HOSTILITY TOWARD GOD? THEREFORE WHOEVER WISHES TO BE A FRIEND OF THE WORLD MAKES HIMSELF AN ENEMY OF GOD.

THE BIBLE HAS MUCH TO SAY ABOUT COMMUNICATION!

- LUKE 6:43-45 FOR THERE IS NO GOOD TREE WHICH PRODUCES BAD FRUIT, NOR, ON THE OTHER HAND, A BAD TREE WHICH PRODUCES GOOD FRUIT. ⁴⁴ FOR EACH TREE IS KNOWN BY ITS OWN FRUIT. FOR MEN DO NOT GATHER FIGS FROM THORNS, NOR DO THEY PICK GRAPES FROM A BRIAR BUSH. ⁴⁵ THE GOOD MAN OUT OF THE GOOD TREASURE OF HIS HEART BRINGS FORTH WHAT IS GOOD; AND THE EVIL MAN OUT OF THE EVIL *TREASURE* BRINGS FORTH WHAT IS EVIL; FOR HIS MOUTH SPEAKS FROM THAT WHICH FILLS HIS HEART.

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EPHESIANS 1

¹ PAUL, AN APOSTLE OF CHRIST JESUS BY THE WILL OF GOD, TO THE SAINTS WHO ARE AT EPHESUS AND WHO ARE FAITHFUL IN CHRIST JESUS: ² GRACE TO YOU AND PEACE FROM GOD OUR FATHER AND THE LORD JESUS CHRIST.

EPHESIANS 3

²⁰ NOW TO HIM WHO IS ABLE TO DO FAR MORE ABUNDANTLY BEYOND ALL THAT WE ASK OR THINK, ACCORDING TO THE POWER THAT WORKS WITHIN US, ²¹ TO HIM BE THE GLORY IN THE CHURCH AND IN CHRIST JESUS TO ALL GENERATIONS FOREVER AND EVER. AMEN.

WHO ARE YOU? EPHESIAN 1-3

- HOW DOES CREATOR GOD DESCRIBE YOU?

- Saint
- Faithful
- Graced
- Peaced
- Blessed
- Chosen
- Holy
- Blameless
- Predestined
- Adopted
- Redeemed
- Forgiven
- Enlightened
- Heir
- Worshiper
- Rich
- Empowered
- His Body
- Alive
- Raised Up
- Seated with Christ
- Graced
- His Workmanship
- Created for Good Works
- Brought Near
- United
- Access
- Citizens
- Kin
- Indwelled
- Heirs
- Members
- Partakers
- Instruments
- Bold
- Confident
- Strengthened
- Indwelled
- Loved
- Empowered

EPHESIANS 4

THEREFORE I, THE PRISONER OF THE LORD, IMPLORE YOU TO WALK IN
A MANNER WORTHY OF THE CALLING WITH WHICH YOU HAVE
BEEN CALLED,

WALK IN A MANNER WORTHY!

- HUMBLE
- GENTLE
- PATIENT
- TOLERANT
- UNIFIED
- EQUIPPED
- SERVANT
- BUILT UP
- UNIFIED
- KNOWLEDGEABLE
- MATURE
- DISCERNING
- TRUTH SPEAKER
- GROWN UP
- PUT OFF OLD
- RENEWED MIND
- PUT ON NEW
- DON'T LIE
- SPEAK TRUTH
- ANGRY W/O SIN
- DON'T STEAL/LABOR
- SHARE W/NEEDY
- GOOD SPEECH
- BE GODLIKE
- LOVE OTHERS
- PURGE IMPURITY
- GIVE THANKS
- DON'T BE DECEIVED
- DON'T PARTAKE IN DARKNESS
- LEARN TRUTH
- EXPOSE DARKNESS
- BE CAREFUL/WISE
- DON'T WASTE TIME
- UNDERSTAND LORD'S WILL
- DON'T GET DRUNK
- BE SPIRIT FILLED
- BE THANKFUL
- BE SUBJECT TO ONE ANOTHER
- FULFILL BIBLICAL ROLES
 - WIVES
 - HUSBANDS
 - CHILDREN
 - WORKERS
 - BOSSES
- PUT ON THE ARMOR OF GOD

PHILIPPIANS 2

³ DO NOTHING FROM SELFISHNESS OR EMPTY CONCEIT, BUT WITH HUMILITY OF MIND REGARD ONE ANOTHER AS MORE IMPORTANT THAN YOURSELVES; ⁴ DO NOT *MERELY* LOOK OUT FOR YOUR OWN PERSONAL INTERESTS, BUT ALSO FOR THE INTERESTS OF OTHERS. ⁵ HAVE THIS ATTITUDE IN YOURSELVES WHICH WAS ALSO IN CHRIST JESUS,

EPHESIANS 4

20 BUT YOU DID NOT LEARN CHRIST IN THIS WAY, **21** IF INDEED YOU HAVE HEARD HIM AND HAVE BEEN TAUGHT IN HIM, JUST AS TRUTH IS IN JESUS, **22** THAT, IN REFERENCE TO YOUR FORMER MANNER OF LIFE, YOU LAY ASIDE THE OLD SELF, WHICH IS BEING CORRUPTED IN ACCORDANCE WITH THE LUSTS OF DECEIT, **23** AND THAT YOU BE RENEWED IN THE SPIRIT OF YOUR MIND, **24** AND PUT ON THE NEW SELF, WHICH IN *THE LIKENESS OF GOD* HAS BEEN CREATED IN RIGHTEOUSNESS AND HOLINESS OF THE TRUTH.

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ROMAN 12

² AND DO NOT BE CONFORMED TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND, SO THAT YOU MAY PROVE WHAT THE WILL OF GOD IS, THAT WHICH IS GOOD AND ACCEPTABLE AND PERFECT.

HOW DO YOU SPEAK?

4 RULES OF BIBLICAL COMMUNICATION

BASED ON EPHESIANS 4:25-32

EPHESIANS 4

25 THEREFORE, LAYING ASIDE FALSEHOOD, SPEAK TRUTH EACH ONE OF YOU WITH HIS NEIGHBOR, FOR WE ARE MEMBERS OF ONE ANOTHER. **26** BE ANGRY, AND YET DO NOT SIN; DO NOT LET THE SUN GO DOWN ON YOUR ANGER, **27** AND DO NOT GIVE THE DEVIL AN OPPORTUNITY. **28** HE WHO STEALS MUST STEAL NO LONGER; BUT RATHER HE MUST LABOR, PERFORMING WITH HIS OWN HANDS WHAT IS GOOD, SO THAT HE WILL HAVE SOMETHING TO SHARE WITH ONE WHO HAS NEED. **29** 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.

EPHESIANS 4

30 DO NOT GRIEVE THE HOLY SPIRIT OF GOD, BY WHOM YOU WERE SEALED FOR THE DAY OF REDEMPTION. **31** LET ALL BITTERNESS AND WRATH AND ANGER AND CLAMOR AND SLANDER BE PUT AWAY FROM YOU, ALONG WITH ALL MALICE. **32** BE KIND TO ONE ANOTHER, TENDER-HEARTED, FORGIVING EACH OTHER, JUST AS GOD IN CHRIST ALSO HAS FORGIVEN YOU.

4 RULES OF BIBLICAL COMMUNICATION

- 1.

4 RULES OF BIBLICAL COMMUNICATION

1. BE HONEST

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- EPHESIANS 4:25 THEREFORE, LAYING ASIDE FALSEHOOD, SPEAK TRUTH EACH ONE OF YOU WITH HIS NEIGHBOR, FOR WE ARE MEMBERS OF ONE ANOTHER.
- COLOSSIANS 3:9 DO NOT LIE TO ONE ANOTHER, SINCE YOU LAID ASIDE THE OLD SELF WITH ITS *EVIL PRACTICES*,

4 RULES OF BIBLICAL COMMUNICATION

1. BE HONEST – WE MUST PUT OFF FALSEHOOD

- COMMON EXAMPLES OF DISHONESTY:
 - OUTRIGHT DECEIT
 - KEEPING A SECRET WHEN IT SHOULD BE DISCLOSED
 - EXAGGERATION AT INAPPROPRIATE TIMES
 - CONFLICT BETWEEN VERBAL AND NON-VERBAL COMMUNICATIONS
 - DISTORTING THE REAL MESSAGE: INNUENDO

4 RULES OF BIBLICAL COMMUNICATION

1. BE HONEST – WE MUST SPEAK THE TRUTH

- BECAUSE PROBLEMS CANNOT BE SOLVED UNLESS THEY ARE EXPRESSED
- BECAUSE PEOPLE CANNOT READ MINDS
- WE MUST SPEAK TRUTH IN THE CONTEXT OF LOVE
 - EPH 4:15 BUT SPEAKING TRUTH IN LOVE, WE ARE TO GROW UP IN ALL ASPECTS INTO HIM WHO IS THE HEAD, EVEN CHRIST

4 RULES OF BIBLICAL COMMUNICATION

1. BE HONEST!

2. KEEP CURRENT!

4 RULES OF BIBLICAL COMMUNICATION

2. KEEP CURRENT!

- EPHESIANS 4:26-27 BE ANGRY, AND *YET* DO NOT SIN; DO NOT LET THE SUN GO DOWN ON YOUR ANGER, ²⁷ AND DO NOT GIVE THE DEVIL AN OPPORTUNITY.

4 RULES OF BIBLICAL COMMUNICATION

2. KEEP CURRENT!

- USE ANGER TO SOLVE TODAY'S PROBLEMS TODAY
- DO NOT MAKE EXCUSES FOR FAILING TO COMMUNICATE
 - COMMON COMMUNICATION CUTOFFS INCLUDE:
 - CRYING
 - THREATENING AN EXPLOSION
 - USING A 'BOTTOM LINE' STATEMENT ("ALL I HAVE TO SAY IS ...")
 - LEAVING THE ROOM OR THE HOUSE

4 RULES OF BIBLICAL COMMUNICATION

2. KEEP CURRENT!

- DEAL WITH PROBLEMS QUICKLY
 - MATTHEW 6:34 SO DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL CARE FOR ITSELF, EACH DAY HAS ENOUGH TROUBLE OF ITS OWN.

4 RULES OF BIBLICAL COMMUNICATION

2. KEEP CURRENT!

- QUESTIONS TO ASK BEFORE BRINGING UP A PROBLEM.
 - DO I HAVE THE FACTS RIGHT?
 - PROVERBS 18:13 HE WHO GIVES AN ANSWER BEFORE HE HEARS, IT IS FOLLY AND SHAME TO HIM.
 - SHOULD LOVE HIDE IT? IS IT SINFUL? IS IT HINDERING GROWTH?
 - 1 PETER 4:8 ABOVE ALL, KEEP FERVENT IN YOUR LOVE FOR ONE ANOTHER, BECAUSE LOVE COVERS A MULTITUDE OF SINS.

4 RULES OF BIBLICAL COMMUNICATION

2. KEEP CURRENT!

- QUESTIONS TO ASK BEFORE BRINGING UP A PROBLEM.
 - IS MY TIMING RIGHT?
 - PROVERBS 15:23 A MAN HAS JOY IN AN APT ANSWER, AND HOW DELIGHTFUL IS A TIMELY WORD!
 - IS MY ATTITUDE RIGHT? AM I TRYING TO HELP THE OTHER PERSON?
 - PHILIPPIANS 2:3-4 DO NOTHING FROM SELFISHNESS OR EMPTY CONCEIT, BUT WITH HUMILITY OF MIND REGARD ONE ANOTHER AS MORE IMPORTANT THAN YOURSELVES; ⁴ DO NOT MERELY LOOK OUT FOR YOUR OWN PERSONAL INTERESTS, BUT ALSO FOR THE INTERESTS OF OTHERS.

4 RULES OF BIBLICAL COMMUNICATION

2. KEEP CURRENT!

- QUESTIONS TO ASK BEFORE BRINGING UP A PROBLEM.
 - ARE MY WORDS LOVING?
 - EPHESIANS 4:15 BUT SPEAKING THE TRUTH IN LOVE ...
 - HAVE I PRAYED FOR GOD'S HELP?
 - PROVERBS 3:5 TRUST IN THE LORD WITH ALL YOUR HEART AND DO NOT LEAN ON YOUR OWN UNDERSTANDING.

4 RULES OF BIBLICAL COMMUNICATION

1. BE HONEST!

2. KEEP CURRENT!

3. ATTACK THE PROBLEM (NOT THE PERSON)!

4 RULES OF BIBLICAL COMMUNICATION

3. ATTACK THE PROBLEM (NOT THE PERSON)!

- EPHESIANS 4:29-30 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. ³⁰ DO NOT GRIEVE THE HOLY SPIRIT OF GOD, BY WHOM YOU WERE SEALED FOR THE DAY OF REDEMPTION.

4 RULES OF BIBLICAL COMMUNICATION

3. ATTACK THE PROBLEM (NOT THE PERSON)!

- AVOID “UNWHOLESOME WORDS”
 - WORDS THAT ATTACK THE PERSON’S CHARACTER
 - MATTHEW 5:21-22 “YOU HAVE HEARD THAT THE ANCIENTS WERE TOLD, ‘YOU SHALL NOT COMMIT MURDER’ AND ‘WHOEVER COMMITS MURDER SHALL BE LIABLE TO THE COURT.’²² BUT I SAY TO YOU THAT EVERYONE WHO IS ANGRY WITH HIS BROTHER SHALL BE GUILTY BEFORE THE COURT; AND WHOEVER SAYS TO HIS BROTHER, ‘YOU GOOD-FOR-NOTHING,’ SHALL BE GUILTY BEFORE THE SUPREME COURT; AND WHOEVER SAYS, ‘YOU FOOL,’ SHALL BE GUILTY *ENOUGH TO GO INTO THE FIERY HELL.*

4 RULES OF BIBLICAL COMMUNICATION

3. ATTACK THE PROBLEM (NOT THE PERSON)!

- AVOID “UNWHOLESOME WORDS”
 - WORDS THAT TEAR DOWN, RIP APART OR HINDER GROWTH
 - JAMES 3:5-6 SO ALSO THE TONGUE IS A SMALL PART OF THE BODY, AND YET IT BOASTS OF GREAT THINGS. SEE HOW GREAT A FOREST IS SET AFLAME BY SUCH A SMALL FIRE! ⁶ AND THE TONGUE IS A FIRE, THE VERY WORLD OF INIQUITY; THE TONGUE IS SET AMONG OUR MEMBERS AS THAT WHICH DEFILES THE ENTIRE BODY, AND SETS ON FIRE THE COURSE OF OUR LIFE, AND IS SET ON FIRE BY HELL.

4 RULES OF BIBLICAL COMMUNICATION

3. ATTACK THE PROBLEM (NOT THE PERSON)!

- AVOID “UNWHOLESOME WORDS”
 - WORDS THAT CONFUSE THE DISCUSSION OR BY-PASS THE CONFLICT
 - WORDS THAT GRIEVE THE HOLY SPIRIT
 - EPHESIANS 4:30 DO NOT GRIEVE THE HOLY SPIRIT OF GOD, BY WHOM YOU WERE SEALED FOR THE DAY OF REDEMPTION.

4 RULES OF BIBLICAL COMMUNICATION

3. ATTACK THE PROBLEM (NOT THE PERSON)!

- USE “EDIFYING” WORDS THAT ENCOURAGE OTHERS AND BUILD THEM UP.
- WHEN THIS RULE IS OBEYED WITH RESPECT TO PROBLEM SOLVING, WORDS WILL BE SOLUTION ORIENTED AND ACCOMPANIED WITH THE RIGHT TONE AND BODY LANGUAGE

4 RULES OF BIBLICAL COMMUNICATION

1. BE HONEST!

2. KEEP CURRENT!

3. ATTACK THE PROBLEM (NOT THE PERSON)!

4. ACT! (DON'T REACT)

4 RULES OF BIBLICAL COMMUNICATION

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EPHESIANS 4:31-32 LET ALL BITTERNESS AND WRATH AND ANGER AND CLAMOR AND SLANDER BE PUT AWAY FROM YOU, ALONG WITH ALL MALICE. **32** BE KIND TO ONE ANOTHER, TENDER-HEARTED, FORGIVING EACH OTHER, JUST AS GOD IN CHRIST ALSO HAS FORGIVEN YOU.

4 RULES OF BIBLICAL COMMUNICATION

4. ACT! (DON'T REACT)

- WE MUST GUARD AGAINST SINFUL REACTIONS IN OUR HEARTS AND OUR ACTIONS
 - **BITTERNESS:** A STATE OF RESENTMENT: A DESIRE TO THINK ABOUT AND TREAT SOMEONE ACCORDING TO EVIL
 - **WRATH:** INTENSE ANGER NORMALLY RESULTING IN PASSIONATE OUTBURSTS
 - **ANGER:** SETTLED INDIGNATION OR HOSTILITY THAT FREQUENTLY SEEKS REVENGE
 - **CLAMOR:** LOUD SCREAMING AND SHOUTING NORMALLY ASSOCIATED WITH QUARRELS AND BRAWLS
 - **MALICE:** WICKEDNESS IN THE SENSE OF A DESIRE TO HARM THE OTHER PERSON

4 RULES OF BIBLICAL COMMUNICATION

4. ACT! (DON'T REACT)

- WE MUST GUARD AGAINST OUR NATURAL TENDENCY TO BE DEFENSIVE ABOUT DEALING WITH OUR OWN SINS
 - GENESIS 3:7-13 THE SERPENT DECEIVED ME, AND I ATE
- SINFUL ARGUMENTS ARE POSSIBLE ONLY IF EACH PERSON REACTS

4 RULES OF BIBLICAL COMMUNICATION

4. ACT! (DON'T REACT)

- WE MUST SEEK TO APPLY GODLY ACTIONS AND ATTITUDES
 - **KIND:** BENEVOLENT, HELPFUL, COURTEOUS
 - **TENDERHEARTED:** COMPASSIONATE, SYMPATHETIC, AFFECTIONATE
 - **FORGIVING:** A WILLINGNESS TO PARDON THE REPENTANT GUILTY PERSON FROM MORAL LIABILITY AND WORK TOWARD RECONCILIATION

4 RULES OF BIBLICAL COMMUNICATION

1. BE HONEST!

2. KEEP CURRENT!

3. ATTACK THE PROBLEM (NOT THE PERSON)!

4. ACT! (DON'T REACT)

HOW DO YOU SPEAK?