



Bringing the Bible to Life

Biblical Counseling Workshops

Communication

Track V.5

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SIXTEEN HEART-ATTITUDES OF EPH. 4

1. Bound by the Lord (*prisoner*) – Slaves don't have personal opinions or agendas. (vs. 1)
2. Modeling Christ (*a life worthy*) Accurately representing Christ. (vs.1)
3. Named of God (*calling received*) Understanding one's purpose. (vs. 1)
4. *Humility* – Having a servant-attitude. (vs. 2)
5. Meekness – (*Gentleness*) surrendered to whatever God brings your way) (vs. 2)



SIXTEEN HEART-ATTITUDES OF EPH. 4

6. *Patience* - Christ-likeness over the long-term (vs. 2)
7. Gentleness – (*bearing with*) Christ-likeness - doing what's right in the moment (vs. 3)
8. *Loving* – seeking to good of the other person, never keeping records of past wrongs. (vss. 2 & 15)
9. Seeking the *unity of the Spirit* – seeking reconciliation through problem-solving (vs. 3)
10. Peacefulness – bound to the Body of Christ, “glued to God’s people with *the ‘glue’ of peace*”. (vs. 3)



SIXTEEN HEART-ATTITUDES OF EPH. 4

11. Motivated to use your spiritual gift(s) to *build others* spiritually (vss. 11-12)
12. Communicate in the atmosphere of love (vs. 15)
13. Motivated to *change* and pursue spiritual *growth* (vss. 15, 22-24)
14. Motivated to develop an unselfishness heart – *giving vs. taking* (vs. 28)
15. Motivated to put away all *bitterness and malice* (vs. 31)
16. Motivated by *kindness and tenderheartedness* (vs. 32)



- List one or two attitudes that you believe God would want you to change first. Repent for specific sins that you have discovered regarding your attitudes. Confess them specifically to God and to anyone else that may have been affected. List how you believe God would want you to begin to change in those areas, *be specific.*

Attitude	Confession (Put-off) (Eph.4:22)	Response (Put-on) (Eph.4:24)



Once you have chosen to develop God-honoring heart-attitudes, effective communication can begin. The following 6 dynamics of communication are essential to developing God-honoring communication.

As you grow in your understanding of the importance of relationships you will consistently put the following directives into practice until they become a natural part of your communication. Read the following passages of Scripture; meditate on what you learn about communication, write a summary of what each passage teaches about communication:

Pro.18:21; 25:11; Job 19:2; Jam.3:8-10; 1Pet.3:10; Eph.4:25-32

(This is not meant to be an exhaustive list nor should this become legalistic. This is merely offered to help you in your desire to change and grow to become more like Christ by applying biblical principles.)



1. Be Christ-like

Ephesians 4:1-6 *I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit—just as you were called to the one hope that belongs to your call— 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is over all and through all and in all. 7 But grace was given to each one of us according to the measure of Christ's gift.*



1. Be Christ-like

- Ephesians 4:12-15 *to equip the saints for the work of ministry, for building up the body of Christ, 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,*
- Ephesians 4:31-32 ³¹ *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*



1. Be Christ-like

- When you are in the wrong, admit it and ask for forgiveness; ask how you can change. (Jam. 5:16; Pro. 12:15; 16:2; 21:2, 29; 20:6; Mat. 5:23-25; Lu. 17:3)
- When someone confesses to you and asks for forgiveness, grant him/her forgiveness immediately. Be sure it is forgiven and not brought up to the person, with others, or with yourself! Commit to rejecting the temptation to dwell on past hurts. (Pro. 17:9; Eph. 4:32; Col. 3:13; 1 Pet. 4:8; 1 Cor. 13:4-5, Matt.7:1-5).
- Be concerned about the interests of others. (Phil. 2:3; Eph. 4:2; Rom. 12:15).
- Pray for God's help and wisdom.



2. Be quick to listen

Jam. 1:19 My dear brothers, take note of this:

*Everyone should be quick to listen, slow to speak
and slow to become angry,*

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

*2 The tongue of the wise commends knowledge,
but the mouths of fools pour out folly.*

*3 The eyes of the Lord are in every place, keeping
watch on the evil and the good.*

*4 A gentle tongue is a tree of life, but
perverseness in it breaks the spirit.*



2. Be quick to listen

- Be a ready listener and do not answer until the other person has finished talking. (Pro. 18:13)
- Be slow to speak. Think first. Don't be hasty in your words. Speak in such a way that the other person can understand and accept what you say. (Pro.15:1, 23, 28; 29:20)
- Make sure you have and understand the facts before you speak into the situation.
- Are you sure the situation needs to be confronted? Should love 'hide it'? (Ja.5:20)
 - Is it really sinful? Or is this just a violation of my personal preferences?
 - Does the situation create disharmony in the Body of Christ?
- Am I actually responsible for this person?
- Is my timing right? (Prov.15:23)



3. Speak the truth in Love

Eph. 4:15, 25 ¹⁵ *Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ²⁵ Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*



3. Speak the truth in Love

- Is my attitude right? (Rom.12:17; Prov.20:22; Phil.2:3)
- Avoid nagging. (Pro. 10:19; 17:9; 16:21, 23; 18:6-7; 27:15; 21:19).
- Try to understand the other person's opinion. (Pro.18:2,13,15; Phil. 3:15-16)
- Never use silence to frustrate the other person. Explain why you are hesitant to talk at this time and set a time in the near future to communicate specifically about what is going on. (Pro. 15:28; 16:21,23; 10:19; Pro. 18:2; Col. 4:6; Pro. 20:15).



4. Speak to build the other person up

Eph. 4:29 *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.*



4. Speak to build the other person up

- Do not blame or criticize; restore, encourage and edify, i.e. build up the other person.
(Rom.14:13; Gal.6:1; 1Thess. 5:11)
- Seek to use words/communication that heals.
Pro. 12:18 *Reckless words pierce like a sword, but the tongue of the wise brings healing.*
(Prov.15:31)



5. Confront the problem, not the person

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



5. Confront the problem, not the person

- Do not become involved in quarrels. It is possible to disagree without quarreling. (Prov. 17:14; 20:3; Rom. 13:13; Eph. 4:31).
- If someone verbally attacks, criticizes, or blames you, do not respond in the same manner. (Prov. 26:4; Rom. 12:17,21; 1 Pet. 2:23; 3:9).



6. Keep current

Eph. 4:26 *"In your anger do not sin": Do not let the sun go down while you are still angry,*



6. Keep current

- Deal with anger daily, clear the offenses that come that day. Do not respond in uncontrolled anger. Use a soft and kind response and tone of voice. (Pro. 14:29; 15:1; 25:15; 29:11; Eph. 4:26, 31).
- Use emotion to solve today's problems today.
- Do not make excuses for failing to communicate.
- Be diligent to solve problems quickly.



6. Keep current

Cautions:

- Do I have the facts right? (don't assume)
- Should love hide it? Is it sinful? Is it hindering growth? 1 Peter 4:8
- Is my timing right? Prov. 15:23
- Is my attitude right? Am I trying to help the other person? Eph. 4:15
- Are my words loving? Eph. 4:15
- Have I prayed for God's help? Prov. 3:5



Homework

- Summarize main take aways from the class.
- Do application on pages 3-4 of booklet.



Going Deeper

- Booklet-- *Communication: The Art of Relationship-Building* Rob Green
- Booklet-- *Judging Others* Ken Sande
- Booklet-- *Biblical Peacemaking* Ken Sande and Gary Friesen
- Booklet-- *Words that Cut* Rev. Alfred Poirier
- *War of Words* Paul David Tripp
- *The Exemplary Husband* Stuart Scott (Chapters 16 & 17 Communication and Conflict Resolution)



Next Classes

- Track V.6 Conflict Resolution, Neil Gerber
- Track V.7 Conference Table, Kent Kloter
- Track V.8 Biblical Sexuality, Ben Davidson



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