

# Communication

## Biblical Soul-Care Workshops

**Opportunity is nowhere**

**THE GOSPEL  
INSTITUTE**

Week 8  
Session 1  
07/24/16

## Communication is Integral to Humanity

1. Made in the image of God (Gen. 1-3)
2. Adam communicated with God, himself & Eve
3. God communicated with himself and Adam
4. God is a personal communicator (Gen.3:8-9)
5. Communication is essential for community and oneness
6. God has gone to great lengths to reveal himself to humanity thru His written Word (2 Tim 3:14-17) & thru His living Word – Jesus (Heb. 1:1; Jn.1:1,14)
7. <sup>23</sup>Am I a God at hand, declares the LORD, and not a God far away? <sup>24</sup>Can a man hide himself in secret places so that I cannot see him? declares the Lord. Do I not fill heaven and earth? declares the Lord. (Jer. 23:23-24)

## God is Integral to Your Communication

1. <sup>23</sup>Am I a God at hand, declares the LORD, and not a God far away? <sup>24</sup>Can a man hide himself in secret places so that I cannot see him? declares the Lord. Do I not fill heaven and earth? declares the Lord. (Jer. 23:23-24)
2. For he [God] knows the secrets of the heart. (Ps.44:21b)
3. <sup>8</sup>This people honors me with their lips, but their heart is far from me:.... <sup>18</sup>But what comes out fo the mouth proceeds from the heart, and this defiles a person. <sup>19</sup>For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. <sup>20</sup>These are what defile a man.... (Matt. 15: 8,18-20a)
4. Your communication flows from your heart and is open to God's scrutiny.

## Seventeen Heart-Attitudes of Eph. 4

1. *prisoner* – committed to total subservience, regardless of the cost (vs. 1).
2. *manner worthy* – nurturing a life-style that corresponds with your identity (vs.1).
3. *called* – embracing God's sovereign call & purpose in your life (vs. 1).
4. *humility* – living in total awareness of your smallness (vs. 2).
5. *gentleness* – (*prautes*) meekness, "gentle strength"<sup>1</sup>; (*bearing with*) Christ-likeness - doing what's right in the moment (vs. 3)

## Seventeen Heart-Attitudes of Eph. 4

6. *patience* – embracing steadfastness and staying-power; long-tempered<sup>2</sup>; Christ-likeness over the long-term (vs. 2).
7. *bearing with* – still bearing up; completing a process; living out the faith God works in<sup>3</sup>
8. *in love* – preferring the good of the other person, never keeping records of past wrongs; “other-focused, selfless giving, for the eternal good of the other person. (vs. 2 & 15).
9. seeking *unity of the Spirit* – diligent pursuit of unity, bound by peace into the Body of Christ; seeking reconciliation through problem-solving (vs. 3).

## Seventeen Heart-Attitudes of Eph. 4

10. Peacefulness –bound to the Body of Christ, “glued to God’s people with *the ‘glue’ of peace*”. (vs. 3)
11. Committed & motivated to use your spiritual gift(s) to *build others* spiritually (vs. 11-12).
12. Committed to Christ-like growth and change (vs. 15, 22-24).
13. Communicating in love (vs. 15)
14. Committed to selfless giving vs. taking (vs. 28).
15. Committed & motivated to killing *bitterness, wrath, anger and malice* (vs. 31).
16. Committed & motivated to nurturing *kindness and tenderheartedness; Compassionate* (vs. 32)
17. Forgiving (vs. 32)

## 1. Be Christ-like (Eph.4)

4:1 a manner worthy of the calling

4:2 with all humility and gentleness, with patience, bearing with one another in love,

4:3 unity of the Spirit in the bond of peace.

4:4 There is one body and one

4:5 one Lord, one faith, one baptism,

## 1. Be Christ-like (cont')

<sup>12</sup>to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup>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,...<sup>15</sup>Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, (Eph. 4:12-15)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Eph. 4:32)



## 1. Be Christ-like (cont')

1. Considerate of others. (Phil. 2:3; Eph. 4:2; Rom. 12:15).
2. Compassionate "...a bruised reed he will not break, and a faintly burning wick he will not quench... (Is. 42:3)
3. With wisdom
  - a. A fool takes no pleasure in understanding, but only in expressing his opinion. (Pr. 18:2)
  - b. An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge. (Pr. 18:15)
4. Christ-like - I speak just as the Father taught me...I always do the things that are pleasing to Him. (Jn. 8:28-29)

## 2. Be Quick to Listen

1. My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, (Ja. 1:19)
2. If one gives an answer before he hears, it is his folly and shame (Pr.18:13)
3. <sup>1</sup>A soft answer turns away wrath, but a harsh word stirs up anger. <sup>2</sup>The tongue of the wise commends knowledge, but the mouths of fools pour out folly. <sup>3</sup>The eyes of the Lord are in every place, keeping watch on the evil and the good. <sup>4</sup>A gentle tongue is a tree of life, but perverseness in it breaks the spirit. (Pr. 15:1)

## 2. Be Quick to Listen (cont')

4. Assess your heart-attitudes towards all involved (Mt. 7:1-5).
5. Assess the person – believer/unbeliever?; wise/foolish?; angry/bitter?; broken/fragile?, weak/exhausted?
6. And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. (1 Thess. 5:14)
7. Should you confront or should “love cover”? (Ja. 5:20)

## 2. Be Quick to Listen (cont')

8. Are you dealing with sin or personal preferences?
9. Does the situation create disharmony in the Body of Christ?
10. Make sure you have and understand enough facts to wisely speak into the situation.
11. Are you responsible for this person?
12. Keep eye contact, don't interrupt or respond until the other person has finished. (Pr. 18:13)
13. Is my timing right? (Pr. 15:23)

## 3. Be Honest

1. **Put off lying** - Do not lie to one another, seeing that you have put off the old self with its practices (Col. 3:9)
  - a. stop deceiving
  - b. stop fostering false impressions
  - c. stop keeping secrets
  - d. stop exaggerating
  - e. stop the innuendo – it is dishonest, unfair & sinful to expect the other person to “crack the code” of your communication.
  - f. stop nagging (dishonest manipulation (Pr. 10:19; 17:9; 16:21, 23; Pr. 18:6-7; 27:15; 21:19)
  - g. stop the silent-treatment

## 3. Be Honest (cont')

### 2. Speak the Truth

<sup>15</sup> Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is Christ.

(Eph. 4:15)

<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. (Eph. 4:25)

Little children, let us not love in word or talk but in deed and truth. (1Jn.3:18)

## 3. Be Honest (cont')

### 2. Speak the Truth (cont')

- a. Give facts as they are, including facts that may expose your failures & sins.
- b. Don't expect others to "connect the dots" or read minds. Give enough information so the other person can understand the situation accurately.
- c. For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. (1 Cor. 2:11)

## 3. Be Honest (cont')

### 2. Speak the Truth (cont')

- d. Because we are members one of another. (Eph. 4:25)
- e. In the context of love... "love rejoices in truth"  
(1 Cor. 13:6b)
- f. Speaking the truth in love is integral to spiritual growth. - Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, (Eph. 4:15)



## 4. Act, Don't React

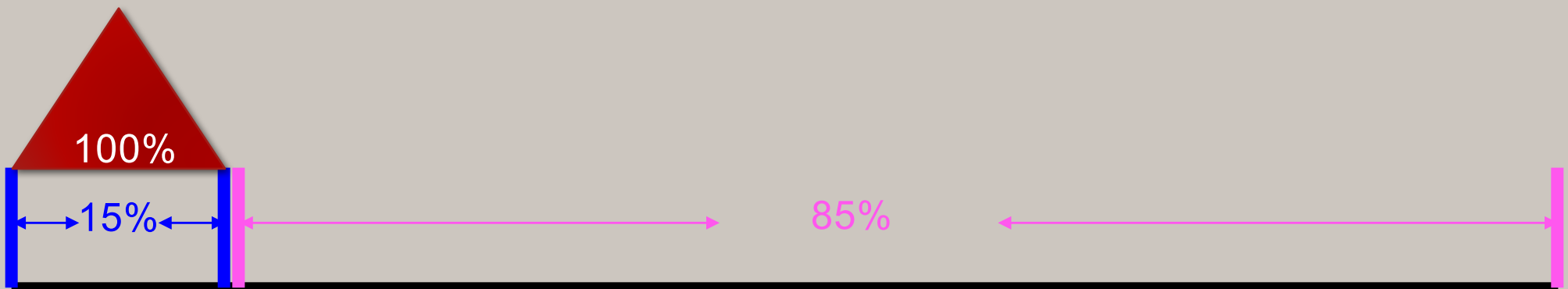
1. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Eph. 4:31-32)
2. Be killing **bitterness** – a state of resentment: a desire to think about & treat someone according to evil.
3. Be killing **wrath** - - intense anger normally resulting in passionate outbursts

## 4. Act, Don't React (cont')

4. Be killing anger – settled indignation or hostility that frequently seeks revenge
5. Be killing clamor – loud screaming & shouting normally associated with quarrels & brawls.
6. Be killing slander – profane or abusive speech
7. Be killing malice – wickedness in the sense of a desire to harm the other person.
8. When you are in the wrong, admit it and ask for forgiveness; ask how you can change. (Ja. 5:16; Pr. 12:15; 16:2; 21:2, 29; 20:6; Matt. 5:23-25; 7:1-5; Lu. 17:3)

## 4. Act, Don't React (cont')

9. Be killing defensiveness.
  - a. Adam ran, covered his sin, and blamed God and Eve (Gen. 3:7-13).
  - b. Admit your sin openly, honestly, completely.
  - c. Arguments are impossible if neither person reacts. (Ja. 4:1-3)
  - d. God holds you 100% accountable for your part of the conflict.



## 4. Act, Don't React (cont')

10. Be Kind – benevolent, helpful, courteous
11. Be tenderhearted – compassionate, sympathetic, affectionate
12. Be forgiving – a willingness to pardon the repentant, guilty person from culpability & liability to work towards reconciliation.
  - a. Forgiveness is motivated by God's forgiveness to us.
  - b. Forgiveness is to be modeled by God's forgiveness to us.

## 5. Attack the Problem, Not the Person

1. 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. (Eph. 4:29)
2. Reckless words pierce like a sword, but the tongue of the wise brings healing. (Pr. 12:18)
3. <sup>22</sup>But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell. (Mt. 5:22)

## 5. Attack the Problem, Not the Person (cont')

4. Put off unwholesome words
  - a) Resist blaming, criticizing, name-calling (Rom.14:13; Gal. 6:1; 1 Thess. 5:11)
  - b) Avoid words that harm, hurt, degrade, demoralize.
  - c) The words of a whisperer are like delicious morsels; they go down into the inner parts of the body. (Pr. 26:22)
  - d) There is one who speaks rashly like the thrusts of a sword, But the tongue of the wise brings healing. (Pr. 12:18)

## 5. Attack the Problem, Not the Person (cont')

4. Put off unwholesome words (cont')
- e. Do not become involved in quarrels. It is possible to disagree without quarreling. (Pr. 17:14; 20:3; Rom. 13:13; Eph. 4:31).
- f. 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

1. "In your anger do not sin": Do not let the sun go down while you are still angry, (Eph. 4:26)
2. Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. (Mt. 5:25)
3. Deal with anger daily, clear the offenses the day they occur. (Pr. 14:29; 15:1; 25:15; 29:11; Eph. 4:26, 31).



## 6. Keep current (cont')

4. Anger is always a result of a judgment or evaluation.
5. God's anger is kindled when
  - a. someone's **rights** have been violated
  - b. His **rule(s)** are broken
  - c. His **reputation** has been sullied.
6. Emotion is energy to solve problems, right wrongs, celebrate good, grieve a loss, etc.
7. Don't clam up (shutting down, stewing, brooding)
8. Don't blow up
9. Don't make excuses; solve problems quickly.

## Questions to Ask before Communicating

1. Do I have the facts right? (Pr. 18:13)
2. Should love cover? (1 Pet. 4:8)
3. Is my timing wise? (Pr. 15:23b)
4. Is my attitude right? (Eph. 4:15)
5. Are my words loving? (Eph. 4:15)
6. Have I prayed for God's help? (Pr. 3:5b)

## Application

Choose one attitude from the beginning of this PowerPoint that you believe God would have you concentrate on first. Pray that God would help you repent for specific sins regarding that one attitude; confess them to God and others who are involved. List specific ways you believe God would want you to begin to change; *be specific.*

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

## Going Deeper

- Booklet - *Communication & Conflict Resolution*, Stuart Scott
- Booklet - *Biblical Peacemaking*, Ken Sande and Gary Friesen
- Booklet - *Communication: The Art of Relationship-Building*, Rob Green
- Booklet - *Judging Others*, Ken Sande
- Booklet - *Words that Cut*, Rev. Alfred Poirier
- Book or video - *War of Words*, Paul David Tripp
- Book - *Peacemaker*, Ken Sande

# Application

Effective communication will grow from your commitment to the above 6 dynamics of communication.

Read the following passages of Scripture; meditate on what you learn about communication, write a summary of what each passage teaches about communication:

(Pr. 18:21; 25:11; Job 19:2; Ja. 3:8-10; 1 Pet. 3:10; Eph. 4:25-32)