

Communication

Communication is vital if we're to have good relationships. If there is no communication, there is no relationship.

COMMUNICATION IS VITAL AND MUST BE INTENTIONAL FOR HEALTHY RELATIONSHIPS

- Action Step: Establish the best times to talk for both of you.

WHAT ARE SOME POSSIBLE HINDERANCES TO COMMUNICATION

- A lack of time/busy schedule
- Not Listening & Distractions
- Criticism
- Defensiveness
- Stonewalling & Withdrawal
- Dismissive Behavior
- Contempt: name-calling, eye-rolling, sneering, mockery, sarcasm, cynicism are all types of contempt.
- Silent treatment

DIFFERENT COMMUNICATION STYLES

We each have different communication styles.

The "Marriage Oneness" study by Family Life lists them.

Land-the-Plane vs. Enjoy-the-Ride

Which one are you, a Land-the-Plane or an Enjoy-the-Ride communicator?

Share-your-Feelings vs. Just-the-Facts

Which one are you, a Share-your-Feelings or a Just-the-Facts communicator?

Think-Out-Loud vs. Let's-Take-Turns

Which one are you, a Think-Out-Loud or a Let's-Take-Turns communicator?

To have a good marriage and/or good relationships, we all must learn how to manage our communication differences.

We are each wired differently by God. And it's so important for you and I to recognize and acknowledge that.

1 Corinthians 14:1 says, **"Pursue Love."** What kind of love is the Apostle Paul talking about? To answer that question, let's look at the previous chapter.

1 Corinthians 13:4-7 (NLT)

4 Love is patient and kind. Love is not jealous or boastful or proud 5 or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. 6 It does not rejoice about injustice but rejoices whenever the truth wins out. 7 Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

If we operate in this kind of way, if we love folks, then we'll find that we can communicate with people who have either the same style or a different style of communication.

HASHER vs PROCESSOR

The hasher must learn be patient with the processor and give them time to process their thoughts and decisions. **Love is patient. Love does not demand its own way.**

But then the processor has a responsibility to get back to the hasher so that they can finish the conversation and make decisions in a timely manner.

What are you? Are you a Hasher or a Processor?

IT'S IMPORTANT TO MAKE EACH OTHER FEEL SAFE

What does the Old Testament say about communication?

COMMUNICATION IS MORE THAN JUST WORDS.

- Words
- Tone
 - Proverbs 15:1 **A gentle answer deflects anger, but harsh words make tempers flare.**
- Body language
 - Proverbs 15:30 **A cheerful look brings joy to the heart; good news makes for good health.**
- Timing
 - Proverbs 15:23 **Everyone enjoys a fitting reply; it is wonderful to say the right thing at the right time!**

Now, let's look at what the NEW TESTAMENT has to say about communication.

Ephesians 4:25-32, 15

1. STOP TELLING LIES. SPEAK THE TRUTH IN LOVE (v. 25, 15)
2. DEAL WITH OFFENSES ASAP LEST THE DEVIL IS INVITED IN AND ALLOWED TO BUILD A WEDGE BETWEEN YOU. (v. 26, 27)
3. DON'T USE FOUL OR ABBUSIVE LANGUAGE. INSTEAD SPEAK WORDS THAT ARE GOOD, HELPFUL, AND ENCOURAGING. (v. 29, 30)
4. INSTEAD OF REACTING IN THE FLESH, FORGIVE AS GOD HAS FORGIVEN YOU (v. 31, 32)

IT'S IMPORTANT TO BE A GOOD LISTENER TO HAVE GOOD COMMUNICATION

Proverbs 15:31-32

When it comes to Listening

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.**

Proverbs 18:13 (NLT) **Spouting off before listening to the facts is both shameful and foolish.**

LEARN TO ASK CLARIFYING QUESTIONS

For example, “Are you saying this...” or “Is this what you’re saying...”

IT IS IMPORTANT TO DEVELOP CHEMISTRY ON A TEAM AND IN A RELATIONSHIP.

I’m not talking about physical chemistry which usually comes naturally when you’re in a romantic relationship. I’m talking about relational chemistry. It takes time to learn how to relate to one another.

RECOGNIZE WHO YOU’RE TALKING TO/KNOW YOUR AUDIENCE

You must learn to read the room.

The tongue of the wise makes’ knowledge appealing... Proverbs 15:2. We must be wise.

Love does not demand its own way. To be a good and effective communicator, we must become good listeners. We must understand who our audience is. We must become more and more observant.

Pursue Love

Now, this is not something you can do without the help of the Holy Spirit.

For it is God who works in you both to will and do His good pleasure.