

Recap of 10/9/16 (Malachi 2:16):

1. “Communication is to love what blood is to life. Have you ever thought about it in that way before? It is impossible to have any kind of relationship unless there is communication. That is true for you and your partner and for your relationship with God.” (H. Norman Wright)

2. Principles of communication from the Scripture:

-Don't use words that wound. Prov. 12:18; James 3:8-10

-Our words reflect our heart; we must let the Word of God change our heart. Prov. 4:20-24; 16:23; James 3:11-12

-Use our ears before our mouths. Prov. 18:13; James 1:19-20

-Use our brains before our mouths, don't shoot from the lip. Prov. 29:20

-Think about what is appropriate to the situation. Prov. 15:23

-Be a person of few words. Prov. 10:19; 11:13; 17:27,28

-Guard other people's reputations—don't share something that will embarrass them. Prov. 17:9

-When you have an opening to be cutting—don't. Prov. 15:1

-Don't walk around with your heart on your sleeve. Prov. 12:16

-Be honest, genuine, and loving in your words. Prov. 28:23; 24:26; Eph. 4:15

3. The most important skill one can learn in communicating with others (especially our mate) is to return a blessing for an insult (1 Peter 3:8-12). The following are four questions to ask ourselves based on the four uses of the word “blessing” in Scripture: (source: Don Meredith,

Becoming One)

-What positive qualities about my mate can I praise him or her for verbally?

-What benefits—presents—could I bestow upon my mate? In what way can I be a blessing to him or her?

-What qualities about my mate am I thankful for and how can I communicate this to him or her?

-What specific areas of my mate's life would I pray that the Lord will bless?