

Talking Points

Intro:

Talking is easy, but communicating effectively is challenging. We communicate with words and the accompanying body language. **Our heart must first be changed** to communicate in a godly, healthy way. Our heart has to be turned towards God to receive His love, acceptance, and forgiveness.

He then guides us with a multitude of verses through that process. **He gives us His Spirit** to show us the appropriate time and to give us the courage to

persevere in the hard work of communicating.

If we would learn just the first two points and practice them, the majority of communication problems would be solved.

Consider the benefits within marriage, with kids, with work, when we learn God's desires for our communication and put them into practice. More points to come next time!

1. Speak without cursing, name calling, or attacking. Consider the longing inside a person and say words that will strengthen them, so that they will want to hear what you say.

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.

Ephesians 4:29

3. Communication must include effective listening. Listen completely without interrupting or becoming angry. Listen, listen, listen.

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

James 1:19

He who gives an answer before he hears, it is folly and shame to him.

Proverbs 18:13

2. Speak with kindness, in a caring and compassionate manner with each other. Forgive from the heart, in the same endless way God has forgiven us.

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

4. Listen to the *heart* of the one speaking, not just to the words, but to the *heart*.

Consider what I say, for the Lord will give you understanding in everything....Remind them of these things, and solemnly charge them in the presence of God not to wrangle about words, which is useless and leads to the ruin of the hearers.

2 Timothy 2:7,14

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