

# FAMILY ISSUES

## "Communicating for Better Relationships"

Eph. 4:29

- 1) GOD INTENDS FOR THE MARRIAGE RELATIONSHIP TO BE THE CLOSEST OF ALL INTERPERSONAL RELATIONSHIPS
  - a) The two shall become one flesh
  - b) Deep oneness achieved only where good communication exists
  - c) Can two walk together except they be agreed?
    - i) Where two are walking in harmony, striving toward same goals, enjoying fellowship with one another, they are in agreement
    - ii) If in agreement, have learned to communicate
  
- 2) FIRST BASIC REQUIREMENT OF GOOD COMMUNICATION IS MUTUAL OPENNESS OR HONESTY
  - a) To really know someone, must open up and reveal ourselves to each other
    - i) Revealing facts--keeping no secrets
    - ii) Revealing feelings
      - (1) *"I did not know that was bothering you"*
      - (2) *"I didn't know that was important"*
      - (3) *"I didn't know you felt that way"*
    - iii) Why do people hold back?
      - (1) Didn't want to stir a fuss
      - (2) Didn't want to hurt other person
      - (3) Person may get angry and reject me
    - iv) Little things begin to pile up
  - b) Principles to guide us in being open and honest
    - i) Is it profitable? Help or hurt? Constructive or destructive?
      - (1) Eph. 4:29 - *"Let no corrupt communication proceed out of your mouth..but that which is good to the use of edification..."*
    - ii) Is this the proper time for me to say it, or would it be better to wait?
      - (1) Pr. 15:23 - *"A man hath joy by the answer of his mouth: and a word spoken in due season how good is it!"*
      - (2) Pr. 25:11 - *"A word fitly spoken is like apples of gold in pictures of silver"*
      - (3) Pr. 15:28 - *"The heart of the righteous studieth to answer..."*
    - iii) Is my attitude right?
      - (1) Eph. 4:15 - *"...speaking the truth in love"*
      - (2) I Cor. 16:14 - *"Let all things be done with charity"*
    - iv) Are the words that I will use be the best possible way of saying it?
      - (1) Pr. 12:25 - *"Heaviness in the heart of man maketh it stoop: but a good word maketh it glad"*
      - (2) Pr. 15:1 - *"A soft answer turneth away wrath: but grievous words stir up anger"*
        - (a) 1. Have I prayed about the matter and trusted God to help me?

- 3) II. SELF-CONTROL IS A REQUIREMENT FOR GOOD COMMUNICATION
- i) A. A short fuse or short temper
    - (a) 1. *"I get angry quickly, but I get over it right away"*
    - (b) 2. *"I believe in speaking my mind, but I do not really mean anything by it"*
  - ii) B. Living with someone with short fuse not pleasant
    - (a) 1. Living at foot of volcano or on top of time bomb
    - (b) 2. Object of frequent expressions of bitterness, resentment, anger, wrath
    - (c) 3. Who feels free to communicate openly with someone who easily becomes irritated, touchy, resentful, vindictive?
  - iii) C. Bible has much to say about destructive speech
    - (a) 1. Wounds inflicted; marriages poisoned or sabotaged
    - (b) 2. Hateful, violent, vindictive, hasty, careless, bitter, cutting words leave another battered, beaten, weary, and hopeless
    - (c) 3. Lines of communication shut down and marriage relationship deteriorates
  - iv) D. Self-control needed when tempted to retreat into silence or go off and have good pout
    - (a) 1. Issues must be faced
    - (b) 2. Conflicts calmly, respectfully, fully discussed
- 4) III. NOTHING MORE IMPORTANT THAN LISTENING FOR EFFECTIVE COMMUNICATION
- i) A. Communication is a two-way street
  - ii) B. Involves letting other person speak without interruption
    - (a) 1. Pr. 18:13 - *"Folly and shame to answer a matter before you hear it"*
    - (b) 2. Jas. 1:19 - *"Let every man be swift to hear, slow to speak, slow to wrath"*
  - iii) C. Involves giving person your undivided attention
  - iv) D. Make sure you really understand what the other person is saying or thinking
  - v) E. Try to see things from the other person's point of view
- 5) IV. NEED FOR LOVING, FORBEARING, ACCEPTING SPIRIT
- i) A. Eph. 4:29, 31 (Amplified) - *"Let no foul or polluting language, nor evil word, nor unwholesome or worthless talk ever come out of your mouth...Let all bitterness and indignation and wrath (passion, rage, bad temper) and resentment (anger, animosity) and quarreling (brawling, clamor, contention) and slander (evil speaking, abusive or blasphemous language) be banished from you with all malice (spite, ill will or baseness of any kind)"*
  - ii) B. Judgmental, critical, bitter spirit replace with a charitable, encouraging, forbearing, acceptable spirit
    - (a) 1. Eph. 4:2 - *"Live as becomes us--with complete lowliness of mind and meekness (unselfishness, gentleness, mildness) with patience, bearing with one another and making allowances because you love one another"*
    - (b) 2. Eph. 4:29 - *"Use only such speech as is good and beneficial to the spiritual progress of others, as is fitting to the need and occasion, that it may be a blessing and give grace to those who hear it"*

- (c) 3. Eph. 4:32 - *"Become useful and helpful and kind to one another, tenderhearted (compassionate, understanding, loving-hearted), forgiving one another (readily and freely) as God in Christ forgave you"*