

## Healthy Communication in Relationships

DO NOT LET ANY UNWHOLESOME TALK COME OUT OF YOUR MOUTHS, BUT ONLY WHAT IS HELPFUL FOR BUILDING OTHERS UP, THAT IT MAY BENEFIT THOSE WHO LISTEN.

Eph. 4:29

### Five Keys to Healthy Communication

\_\_\_\_\_ OR \_\_\_\_\_ - don't be reactive.  
Set the temperature in each situation. Be purposeful.

\_\_\_\_\_ we say

- Speak \_\_\_\_\_
  - Remember their true identity and their value to God.

**“There are no ordinary people. You have never talked to a mere mortal. Nations, cultures, arts, civilizations - these are mortal, and their life is to ours as the life of a gnat. But it is immortals whom we joke with, work with, marry, snub and exploit - immortal horrors or everlasting splendors. This does not mean that we are to be perpetually solemn. We must play. But our merriment must be of that kind (and it is, in fact, the merriest kind) which exists between people who have, from the outset, taken each other seriously - no flippancy, no superiority, no presumption.” - C. S. Lewis**

- Speak \_\_\_\_\_ and high value
- Say \_\_\_\_\_ - doesn't have to be a long conversation, even a simple text for a sharp word or bad tone can keep things from lingering and building up

⇒ \_\_\_\_\_ we say it

- Not when both exhausted
- Not when feeling overly frustrated
- Not when emotionally amped up / angry

⇒ \_\_\_\_\_ we say it (tone)

Prov. 15:1 – A gentle answer turns away wrath..

\_\_\_\_\_ communication – not passive aggressive.

⇒ \_\_\_\_\_ you're saying it to

- Communicate with each other, not to \_\_\_\_\_
- Communicate with each other, not \_\_\_\_\_

⇒ \_\_\_\_\_ you're saying it

### POWER OF FORGIVENESS

Healthy communication cannot exist alongside \_\_\_\_\_ - leads to resentment, grudges, longer lasting damage.

Knowing the Biblical instruction impacts how we communicate. We need to be following \_\_\_\_\_ and foremost.

## **Conflict Resolution**

*There will be times when we will have conflict in relationships, and in those situations it is important to resolve the issue quickly and in a Bible-based way. Here are some steps for*

*resolving conflict in based on what God says in the Bible:*

1. **Get the “Log” Out of Your Own Eye** (Mt. 7:5) There are generally two kinds of “logs” you need to look for in yourself when dealing with conflict:
  - A critical, negative, or overly sensitive attitude that has led to unnecessary conflict.
  - Sinful words and actions. You may need an honest friend or advisor who will help you to take an objective look at yourself and face up to your personal contribution to a conflict.
2. **Overlook Minor Offenses**. As a general rule, take at least a short amount of time to consider the offense. Taking a break to process your emotions, along with thinking and praying about it, can help give perspective and clarity.
3. **Talk Directly to the Person, in Private**. (This is a step to take only if you feel you can be safe in that private conversation. If you do not feel you can be safe, consider step four below).

God commands us to go and talk with the person who has hurt or offended us *privately* and *lovingly* about the situation (Matt. 18:15). As you do so, remember to:

- Pray for humility and wisdom (1 Peter 5:5)
- Plan your words carefully- how would you want to be confronted (Prov. 15:1-2)
- Choose the right time and place- talk in person if possible (Prov. 16:21, 27:12)
- Assume the best about the other person (Prov. 18:17)
- Listen carefully (Prov. 18:13)
- Speak only to build others up (Eph. 4:29)
- Ask for feedback from the other person (Prov. 18:2)

4. **If step three is not working, take someone else with you.**

If repeated, careful attempts at a private discussion are not fruitful, and if the matter is still too serious to overlook, you should ask someone you trust - hopefully someone who is a leader in your church or a ministry nearby - to meet with you and the other person to help you resolve your differences. (Mt 18:16) This is not an opportunity to blast them publicly or spread information on social media - this is still a private conversation with a mediator to help you each hear each other and work together towards a resolution.