

The Heart and the Tongue

Matthew 12:34 Out of the abundance of the heart the mouth speaks.

My speech reflects my values and theological underpinnings.
Wife or Husband, given by God, Your teammate, a part of you, one flesh
Each are fellow members of the Body of Christ, Joint heirs, Children of God
Each has been Created in the image of God
Our Sovereign God is working all things for good

Each person has a healthy sense of my own identity and integrity.
Their heart is in a good place. Settled and at peace.
Be content, grateful, for all things work for my good
Attribute value to the speaker and what they have to say

Be faithful to the truth, with your eyes on God. Be respectful.
Try not to embellish the facts to make yourself or what you say, sound better.

The purpose of our communication is to be heard, and not to win the debate,
or convince the other to change their beliefs, but to hear and understand one
another
This approach can be difficult for Christians.

- 1 Communicate to be heard.
 - 2 It is okay to have differing views. Create a safe place to give honest feedback without fear, having mutual respect for each other.
 - 3 The battle is within my own heart, not anything or anyone outside of myself
- James 4:1 What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?

David's Prayer is a good place to begin.
Psalm 19:14 Let the words of my mouth and the meditation of my heart Be acceptable in thy sight, O the LORD, my rock, and my redeemer.

The Spirit and the Flesh

Galatians 5:17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

When behaviors such as are described for the flesh emerge, these are indicators that I am being motivated by my sinful nature and not by my godly nature. These warning lights encourage me to repent and run to God and ask to be filled, led by, and walk in the Holy Spirit, and and produce the fruit of the Spirit.

When I am in the spirit, my wife is my friend, my greatest asset, providing wonderful insights. When I am in a good place, I can genuinely give thanks for her input. I can hear her and value her.

When I am in my carnal nature, my old man, my fleshly self, with an attitude, my wife is my enemy. I react and defend myself. I become combative and take what has been said personally.

Galatians 5:16 Walk by the Spirit, and you will not carry out the desire of the flesh.

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also walk by the Spirit.

James 3:17 But the wisdom that is from above is first pure, then peaceable, gentle, easy to be entreated, full of mercy and good fruits, without variance, without hypocrisy.

Respond (new man) or React (old man)

Proverbs 15:28 The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

Proverbs 16:32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Proverbs 17:27 Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

Heart Benediction

Philippians 4:6 In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus.