

Speak the truth in love

Principles for Speaking and Communicating Information

Heart in a good place. Settled and at peace.
Healthy sense of own identity and integrity.
Attribute value to the listener and what they have to say

Heart

Good communication originates in the heart

Psalms 19:14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

Proverbs 4:23 Guard your heart above all else, for it determines the course of your life.

Luke 6:45 The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

God Honoring Communication

Ephesians 4:15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,

Matthew 12:19 He shall not strive, nor cry aloud; Neither shall any one hear his voice in the streets. 20 A bruised reed shall he not break, And smoking flax shall he not quench, Till he send forth judgment unto victory.

Encouraging Speech

Proverbs 15:4 A gentle tongue is a tree of life, but perverseness in it breaks the spirit.

Proverbs 18:21 Death and life are in the power of the tongue,

Proverbs 15:23 To make an apt answer is a joy to a man, and a word in season, how good it is!

Colossians 4:6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

1 Peter 3:15 but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect, (Flesh and blood)

Proverbs 31:26 She opens her mouth with wisdom; And the law of kindness is on her tongue.

Proverbs 16:24 Gracious(Pleasant) words are like a honeycomb, sweetness to the soul and health to the body.

Isaiah 50:4 The Lord GOD has given me the tongue of those who are taught, that I may know how to sustain with a word him who is weary. Morning by morning he awakens; he awakens my ear to hear as those who are taught.

Self Control

Personally in a good place, accepted, assured,

James 1:19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;

James 1:26 If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.

Psalms 34:13 Keep your tongue from evil and your lips from speaking deceit.

Job 32:18 For I am full of words; the spirit within me constrains me.

Proverbs 10:19 When words are many, transgression is not lacking, but whoever restrains his lips is prudent.

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.

Proverbs 21:23 Whoever keeps his mouth and his tongue keeps himself out of trouble.

Proverbs 29:11 A fool gives full vent to his spirit, but a wise man quietly holds it back.

Proverbs 29:20 Do you see a man who is hasty in his words? There is more hope for a fool than for him.

James 3:2 For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body.

James 3:17 But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. ESV

James 3:17 But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and good deeds. It shows no favoritism and is always sincere. NLT

1 Peter 3:10 For "Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit;

Power of Words

James 3:1 Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness. 2 For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body. 3 If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. 4 Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs.

Heart determines how we use our tongue to build or destroy

Build one another up!!

James 3:5 So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! 6 And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell. 7 For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison. 9 With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. 10 From the

same mouth come blessing and cursing. My brothers, these things ought not to be so.

Proverbs 25:15 With patience a ruler may be persuaded, and a soft tongue will break a bone.

Nourish Wife's Spirit

Proverbs 17:22 A joyful heart is good medicine, but a crushed spirit dries up the bones.

Matthew 12:19 He shall not strive, nor cry aloud; Neither shall any one hear his voice in the streets. 20 A bruised reed shall he not break, And smoking flax shall he not quench, Till he send forth judgment unto victory.

Chair chats

Principles for Speaking: Sender/Communicator

Communicate for clarity

- 1 Express clearly what you are thinking and feeling. Represent yourself.
- 2 Use "I" expressions. "I" think _____ (a thought)
- 3 Let what you Say, the Content, be truthful and intellectually honest
- 4 Let how you say it, in your Tone, be characterized by love and care
- 5 Have a sense of reflection in your tone of voice, an openness, as if you are simply sharing information
- 6 Keep your communication light, employ humor if possible, avoid sarcasm
- 7 Be emotionally honest "I" feel _____ (one word) afraid, scared, hopeful, happy
- 8 Not a debate or argument, not trying to convince. Not a Bully Pulpit
Be careful to not overstate your convictions.
- 9 Avoid blaming, judging, or criticizing
- 10 Look in the mirror to see what your face looks like when speaking.

Good family communication built on healthy parents who practice this kind of communication. Model how to communicate, embody your own code, encourage children to apply within the family, practice

Golden Rule, have family come up with their own code of conduct