



# The Life Blood of Communication

April 7, 2024

**Communication is Complex and Often Frustrating!**

**Communication is Powerful!**

**God Communicates With Us!**

**A Vision for Whole Relationships**

Proverbs 18:21

*The tongue has the power of life and death, and those who love it will eat its fruit.*

Proverbs 12:18

*The words of the reckless pierce like swords, but the tongue of the wise brings healing.*

Ephesians 4:14-16

*Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.*

Colossians 4:5-6

*Be wise in the way you act toward outsiders; make the most of every opportunity. 6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.*

2 Timothy 2:23-25

*Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. 24 And the Lord's servant must not be quarrelsome but must be kind*

to everyone, able to teach, not resentful. 25 Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth...

James 1:19-21

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires. 21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.*

## Realities and Reasons for Broken Relationships

We don't recognize the **power** of our **words** to **hurt** others (or we realize but don't care!)

- Proverbs 18:21 & 12:18

We don't speak the **truth** (lie) or when we speak the truth there is too **little love**!

- Ephesians 4:14-16

Our words lack the **grace** God has so freely shown us!

- Colossians 4:5-6

We love **fighting**, **quarreling**, and winning more than **two-way** communication.

- 2 Timothy 2:23-25

We **talk** too **much** and **listen** too little.

- James 1:19-21

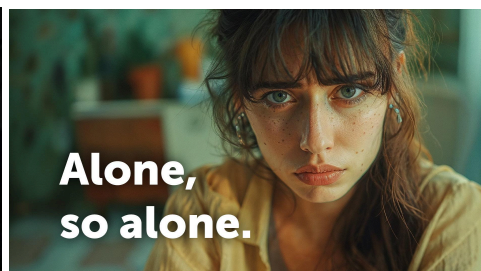
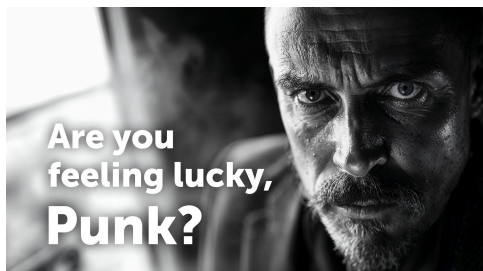
## Pathways to Healing, Hope, and Wholeness

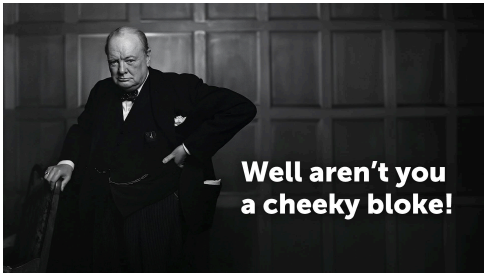
The power of **listening** and **asking** great **questions**.

The gift of **consistent** and thoughtful **blessing**.

The need to hold our tongue and avoid **gossip** and **quarreling** whenever we can.

Recognize how much you can **say without words**.





This is a lifelong journey, so keep on learning!