Fit for Life - Part 3 January 23, 2022

Strengthening My Communication

1. The point of clear communication:

	Then Jesus called to the crowds and said, "Listen to what I say and try to understand: Matthew 15:10
2.	The challenges of communication:
	But the followers did not understand what Jesus meant, and they were afraid to ask him. Mark 9:32
	Therefore, having put away falsehood, let each one of you speak the truth with his neighbor Ephesians 4:25
	Words of thanksgiving and cursing pour out from the same mouth. My friends, this should not happen! James 3:10
3.	The secret to clear communication:
	Instead, we will lovingly follow the truth at all times speaking truly, dealing truly, living trulyand so become more and more in every way like Christ Ephesians 4:15
	Rules for clear communication:
•	Be
	Say just a simple 'Yes, I will' or 'No, I won't.' Your word is enough. To strengthen your promise with a vow shows that something is wrong. Matthew 5:37
•	Be
	When you talk, you should always be kind and pleasant so

you will be able to answer everyone in the way you should.

Colossians 4:6

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	He who answers before listening that is h	nis folly and his
	shame.	Proverbs 18:13
	If you talk a lot, you are sure to sin; if you a	are wise, you will Proverbs 10:19

Remember this, my dear brothers and sisters: Everyone should be quick to listen, slow to speak, and should not get angry easily.

James 1:19

•	Be	

So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind...

1 Thessalonians 5:11

4. The reward of clear communication:

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.

Psalm 19:14