Fit for Life - Part 3 January 23, 2022

Strengthening My Communication

1. The point of clear communication: Understanding

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: <u>Misunderstanding</u>

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: Be like Jesus

Instead, we will lovingly follow the truth at all times-speaking truly, dealing truly, living truly--and so become more and more in every way like Christ... Ephesians 4:15

Rules for clear communication:

• Be Clear

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 Courteous

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

Be Careful

He who answers before listening—that is his folly and his shame.

Proverbs 18:13

If you talk a lot, you are sure to sin; if you are wise, you will keep quiet. 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 Courageous

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: <u>God's</u> <u>approval</u>

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