

WHAT IS COMMUNICATION?

Proverbs 18:21

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

We just don't communicate! This familiar phrase is anything but accurate. You constantly and continually deliver messages that reveal the true disposition of your heart. It's not just what you say, but the way you say it . . . the way you listen to others and the way you look at others . . . are all means of communication. It's not a matter of whether you will communicate, but a matter of what you will communicate. And ultimately, the thing that determines whether you encourage or discourage others—whether you help or hurt others—is your heart. Your communication originates not in your mind but in your heart.

Matthew 12:34

“Out of the overflow of the heart the mouth speaks.”

A. WHAT IS COMMUNICATION?

Satisfying relational communication is a process of **verbal** and **nonverbal** interaction with others in which thoughts and feelings are shared and understood—that is, the receiver of the communication hears what is said and understands what is meant by the sender.

- _____ communication conveys thoughts and feelings with the spoken word - both choice of words and tone of voice.
- _____ communication expresses thoughts and feelings without words (facial expression, body posture, hand gestures, direct or indirect eye contact, patient or impatient listening, gentle or rough touch, style of dress and clothing, apathetic or silent responses, platonic or romantic kisses, style of discipline, use of money or gifts).

The Hebrew word _____, which means “word,” is used in the Old Testament to express the concept of communication. It implies **speaking about a matter**. The Bible, referred to as God's Word, speaks to us about God and is one of the ways God speaks to us on matters pertaining to life. Old

Testament language also speaks about the _____, of God's Word.

Psalms 107:20

In New Testament Greek, _____, (**word**) is not just "the expression of a thought, concept or idea," but refers also to the name of an object. In John 1, "**the Word**" (logos) signifies the **Divine Expression, Christ**.

John 1:14

QUESTION: "*How can I communicate with others in a way that is most pleasing to God?*"

ANSWER: The method of communication most pleasing to God is one that reflects Jesus Christ in all you say and do. That means allowing Jesus Christ to be Lord of your life. . . allowing Him to express His words and actions through you.

Colossians 3:16-17

B. WHAT ARE SOME GUIDELINES FOR EFFECTIVE COMMUNICATION?

Good _____ communication has these three basic characteristics:

1. _____ — conveying acceptance and courtesy
2. _____ — having no hidden agendas
3. _____ — putting one's self in the other's circumstances — "walking in another's shoes"

THE "TEN COMMANDMENTS" OF GODLY COMMUNICATION

The Bible gives many directives for the words we use in communicating with others. The following are Ten Commandments that reflect fundamental principles of godly communication.

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| 1. Your words are to be _____. | <u>Proverbs 12:22</u> |
| 2. Your words are to be _____ to God. | <u>Psalms 19:14</u> |
| 3. Your words are to be _____ - giving. | <u>Proverbs 18:21</u> |
| 4. Your words are to be _____. | <u>1 Thessalonians 5:11</u> |
| 5. Your words are to be _____. | <u>Ecclesiastes 10:12</u> |
| 6. Your words are to be _____. | <u>Proverbs 10:13</u> |
| 7. Your words are to be _____. | <u>Proverbs 10:19</u> |
| 8. Your words are to be _____. | <u>Proverbs 15:23</u> |
| 9. Your words are to be an _____. | <u>Proverbs 12:14</u> |
| 10. Your words are to be _____. | <u>1 Corinthians 13:1</u> |

Exodus 20:16

C. WHAT ARE SOME LEVELS OF COMMUNICATION?

Genesis 3:7-8

- **Level #1** _____ (superficial)

Examples: “Nice to meet you.” “Where are the elevators?”

Biblical Example: Read: John 4:7-9.

- **Level #2** _____

Examples: “Did you know Mary Jones when you grew up?” “Have you ever been to the ocean?”

Biblical Example: Read: John 4:10-11.

- **Level #3** _____

Examples: “I really think the government has too much control over our children's education.”
“It would be hard to live in a climate that has extremely cold winters.”

Biblical Example: Read: John 4:12-14.

- **Level #4** _____

Examples: “God has given you many talents . . . and sometimes I feel inferior.”
“I think you are very smart . . . and it makes me proud to be your friend.”

Biblical Example: Read: John 4:16-26.

- **Level #5** _____

Examples: “Perhaps I’m too sensitive, but it hurt me when you shared the details of my illness with your friend Karen.” “I don’t know why it bothers me when you laugh at my mistakes, but it does.”

Biblical Example: Read: John 11:32-35.

Dishonesty has a way of creeping into all our relationships, but the ultimate price of any deception results in the disintegration of honest communication. Anyone who enters into a relationship thinking that it is good to keep the peace by disguising true feelings has developed patterns that destroy the bridge to deep and fulfilling communication.

Proverbs 26:24

Coming Next Week: Negative Communication