

BE A BRINGER

“40 One of the two who heard John speak, and followed Him, was Andrew, Simon Peter’s brother. 41 He first found his own brother Simon, and said to him, “We have found the Messiah” (which is translated, the Christ). 42 And he brought him to Jesus....” John 1:40-42a

A bringer makes one touch each week by investing and inviting someone to Christ and church.

Name three people you will pray for their salvation this week:

PRAYER REQUESTS FOR THE WEEK

“Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you;....” I Samuel 12:23a



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GROWTH GUIDE

Handout: 2/11

Study: 2/19

Communication

5 Biblical Keys To Communication

God’s Word guides us in how to communicate in order to keep unity in our relationships. There is no clearer description than in the book of Ephesians. Chapters one through three of Ephesians lays the foundation as it assures us of our vertical relationship with God and who we are in Christ.

Ephesians 4:1 is a key transition: *“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called.”*

Because of who we are in Christ and because of our union with Him, the apostle Paul told us to walk worthy of that calling and relationship. Our attitude toward our horizontal “family” relationships is expressed in Ephesians 4:2: *“all humility and gentleness, with patience, bearing with one another in love.”* Then, in Ephesians 4:3, you read the admonition to *endeavor to keep the unity of the Spirit in the bond of peace.*

Following Paul’s plea to *“walk in unity in relationships,”* he gave us four keys for biblical communication. When we apply these four keys of communication, we develop unity. When we break one or more of them, tension and disunity follow. The fifth key we will study is found in the book of James -Listening well.

- **Communication Key 1: Be Honest**
“Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another.” (Ephesians 4:25, NKJV)
- **Communication Key 2: Keep Current**
“Be angry, and do not sin”: do not let the sun go down on your wrath, nor give place to the devil.” (Ephesians 4:26–27, NKJV)
- **Communication Key 3: Attack Problems, Not People**
“Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” (Ephesians 4:29–30, NKJV)
- **Communication Key 4: Act! Don’t React**
“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” (Ephesians 4:31–32, NKJV)
- **Communication Key 5 – Listen Attentively**
“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.” (James 1:19–20, NKJV)

<http://www.biblicalcounselingcenter.org/5-keys-better-communication-2-2/>

KEY VERSE

“Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.” (Ephesians 4:29, NKJV)

WEEKLY READINGS

Monday: Read Ephesians 4:25-32

We all should desire to improve our communication skills. Let’s look at five keys found in God’s Word to guide us. Read Ephesians 4:15.

Communication Key 1: Be Honest

“but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—” (Ephesians 4:15, NKJV)

While this verse calls us to communicate with a balance of truth and love, most of us favor one or the other. Would you say your communication style is more about truth or more about love?

Tuesday: Read Ephesians 4:26-27; Matthew 6:34

Communication Key 2: Keep Current

O.K. so we have all been angry right? A better question might be how do you resolve anger?

Think of a time that you were angry at someone for more than one day. How did you work through that anger?

Wednesday: Read Ephesians 4:29-30

Communication Key 3: Attack Problems, Not People

Do you ever find yourself labeling others with words like *“stupid”* or *“slob”* or saying things like, *“I wish I didn’t have to be around you.”* Or, even things like, *“you always..or you never..”*

Do you consider these kind of statements as attacks on the person and their character? Do you think these kind of attacks help resolve problems?

I don’t know what to do to fix a “slob” attack, but I do know what to do to fix a “you did not clean your room today” statement. I can clean my room and restore the unity. I can’t fix “stupid” but I can attack the problem of “leaving the lights on all night.” When I define the word or deed that made me angry, I can tell you what I want you to fix, and then you can respond and fix it. Unity happens when we as teammates attack problems. Disunity happens when we attack each other, and God is grieved.

Thursday: Read Ephesians 4:31-32; Galatians 5:16-26

Communication Key 4: Act! Don’t React

Do you regularly allow your emotions to be controlled by what others say about you or to you?

When someone hurts you with their words how do you react and how would you describe that process?

Friday: Read James 1:19-20

Communication Key 5 – Listen Attentively

How well do you listen?

Here are several basic skills to consider:

- First, give your full attention to the person speaking.
- Next, identify the root issue being discussed and look for main ideas.
- Stay focused on the person speaking until they feel like they’re being heard.
- Reflect back your understanding of what they’re saying.
- Collaborate on ways they can process what is being said.

We are told in James to be quick to hear and slow to speak. Also, throughout Proverbs the idea of listening is seen through statements like, “Pay attention,” or “Give me your ear,” or “Turn your ear to my voice.” These are clear admonitions to listen attentively. Some people don’t listen. They are busy stating their opinions or preparing their response, but not listening carefully. Failing to listen fosters mistakes and incites anger. Listening is paramount to knowing how to respond properly and to contribute words of value.

What if all of God’s children used these five communication keys? What a difference we could make in our world!

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.” (John 13:34–35, NKJV)

We would be like the early church that turned the world upside down. Our churches would function in a unified manner, and our homes would be safe havens for all who come in. We would indeed walk in unity in all our relationships!