

Edward Christian Church -**How to Communicate when Communication is Not Easy** -Proverbs 15:1-15:4

"If two people agree on everything, one of them is unnecessary. The sooner we accept that as a fact of life, the better we will be able to adjust to each other and enjoy togetherness. 'Happily incompatible' is a good adjustment." - **Billy Graham**

- I read about a psychiatric hospital w- this sign at entrance: "Do you want to be right or do you want to be well?"
- Conflict is **unavoidable!** How we handle those conflicts can help us **improve** or **destroy** relationships.

How to Communicate when its Hard:

#1- Learn to Whisper

- ✓ **Prov 15:1-** *A gentle answer turns away wrath, but a harsh word stirs up anger.*
 - The **Speech Research Unit of Kenyon College** has proved that **when** a person is **shouted at**, he simply cannot help but **shout back**. You can use this **knowledge** to keep another person from becoming **angry**: **Control** the other person's **tone of voice** by **controlling** your **own** tone of voice.
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#2- Learn to Wait

- ✓ **Prov 15:2-** *The tongue of the wise commends knowledge, but the mouth of the fool gushes folly.*
 - ✓ **James 1:19-20** -*19 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 for man's anger does not bring about the righteous life that God desires.*
 - **People matter more than the position you hold!**
 - **Be careful about exaggerating.** It is so easy to use phrases like **"always" or "never"** - which, by the way, are **almost always never true**. When you get **angry** and **upset** with someone, the **first thing** you begin to do is to **make** their **faults** and **failures** look way **bigger** than they **really** are. We start with the **"you never"** and **"you always"**.
 - ✓ **Prov 10:12-** *12 Hatred stirs up quarrels, but love covers all offenses.*
 - ✓ **Prov 12:23-***A prudent man keeps his knowledge to himself, but the heart of fools blurts out folly.*
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#3- Learn to Choose Your Battles Wisely

- ✓ **Prov 15:3-4-** *3 The eyes of the LORD are everywhere, keeping watch on the wicked and the good. 4 The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.*
- ✓ **James 3:5-9-** *5 Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark*

Attitude Is Not A Matter Of Chance, But A Matter Of Choice!

Some arguments are fueled by what **"he said"**, **"she said"**, and **"they said"**. Who are **"they"** anyway? Have you noticed that what **"they said"** usually has **little bearing** upon the **current argument**?

- ✓ **Proverbs 6:16-19-** *16 There are six things the LORD hates, seven that are detestable to him: 17 haughty eyes, a lying tongue, hands that shed innocent blood, 18 a heart that devises wicked schemes, feet that are quick to rush into evil, 19 a false witness who pours out lies and a man who stirs up dissension among brothers.*

One of the things **God hates** in Proverbs chapter 6 is a person who just **keeps a mess going between people**. There are some folk who will **argue** for the **sake of arguing!** Be careful if you are prone to being argumentative lest you become one who does what God hates!

#4- Always Speak The Truth In Love (warmth)

- ✓ **Eph 4:15-** *speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.*
 - Tongues can only give a **GENTLE ANSWER** when there is **GENTLENESS** in the heart.
 - When it comes to communicating with each other, it can never be either **"Truth"** or **"love"**. It must always be **Truth and Love**. Truth sets us free and Love covers sin!
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