

## Edward Christian Church "Now that's What I'm Talking About" Communication –pt4a

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, listen to others and look at others...

- Your communication originates not in your mind but in your heart.

*"Out of the overflow of the heart the mouth speaks."* -Matthew 12:34

### Characteristics of Negative Communication

Every person must plead guilty to some **violation** of God's ideal for **communicating**. Without **thinking**, we **attempt** to **meet inner needs** by **speaking** and **responding** in ways that **intimidate** or **destroy**. The following **words** and **ways** are **verbal** and **nonverbal negative** communication **habits** that **serve** only to **wound** and **wrong** others.

#### 1. Words That Wound -*"A wise man's heart guides his mouth."* -Prov 16:23

**Gal 5:15 KJV** -But if ye bite and devour one another, take heed that ye be not consumed one of another

**Gal 5:15 NLT** -But if you are always biting and devouring one another, watch out! Beware of destroying one another.

**Galatians 5:15 (AMP)** -<sup>15</sup> But if you bite and devour one another [in partisan strife], be careful that you [and your whole fellowship] are not consumed by one another.

##### • Degrading Words

**Thoughtless**, insensitive, teasing, **wisecracking**, critical, **coarse**, tactless, *Inappropriate Words*

**Examples:**

*"Surely you don't believe that...."*

**Biblical Example:**

*"Reckless words pierce like a sword."* -Prov 12:18

**Proverbs 12:18 (AMP)**

<sup>18</sup> There are those who speak rashly, like the piercing of a sword, but the tongue of the wise brings healing.

##### • Demanding Words

**Ordering**, threatening, **arguing**, cursing, **accusing**, probing, *Angry Words*

**Examples:**

*"You'd better do this now or...."*

**Biblical Example:**

*"Anger is cruel and fury overwhelming."* -Prov 27:4

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##### • Demeaning Words

**Moralizing**, preaching, **lecturing**, judging, **criticizing**, disapproving, *Condemning Words*

**Examples:** *"You should do better than that...."*

**Biblical Example:**

*"The tongue has the power of life and death, and those who love it will eat its fruit."* -Prov 18:21

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##### • Destructive Words

**Gossiping**, repeating rumors /**confidences**, discrediting, **belittling**, blaming others, *Slandering Words*

**Examples:**

*"She never arrives at work on time."*

**Biblical Example:**

*"With his mouth the godless destroys his neighbor."* -Prov 11:9

*"Be sure not to repeat this but.."*

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##### • Deceitful Words

**Lying**, false statements, **exaggerating**, bragging, **boasting**, flattering, insincere, *Untruthful Words*

**Examples:**

*"I never really get angry at anyone...."*

**Biblical Example:**

*"A deceitful tongue crushes the spirit."* -Prov 15:4

*"My goal is to benefit others in any way I...."*

*"Wisdom will save you from the ways of wicked men, from men whose words are perverse."* -Prov 2:12

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## Characteristics of Negative Communication pt 4b

### II. Wrongful Ways

#### • Disagreeable Ways

The following irresponsible and insensitive ways of communicating, often used by people who are not aware of how disagreeable this style of communication can be, become habits that do not bring glory to God.

"For a man's ways are in full view of the Lord, and he examines all his paths." ([Proverbs 5:21](#))

- —**Am I dominating?**.... monopolizing or controlling conversation
- —**Am I interrupting?**.... with a competing spirit
- —**Am I nagging?**.... finding fault incessantly
- —**Am I complaining?**.... making crisis or problem dominated conversation
- —**Am I criticizing?**.... dwelling on the negative
- —**Am I cutting?**.... making jabbing, sarcastic remarks
- —**Am I ridiculing?**.... making another the object of laughter
- —**Am I arguing?**.... disagreeing and disputing
- —**Am I moralizing?**.... lecturing and giving unsolicited advice
- —**Am I generalizing?**.... simplifying or making light of real concerns

"An offended brother is more unyielding than a fortified city, and disputes are like the barred gates of a citadel." ([Proverbs 18:19](#))

#### • Defensive Ways

These ten, usually unintentional, self-protective patterns are evasive tactics used to avoid looking at one's own defects or imperfections.

"He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy." ([Proverbs 28:13](#))

#1 Am I countering the one who confronts with words of denial?

#2 Am I evading self-examination by focusing on the faults of the other?

#3 Am I blaming my responses on the actions of the other person?

#4 Am I bringing up the other's mistakes from the past?

#5 Am I rationalizing my behavior because of the circumstances?

#6 Am I arguing about a trivial point to evade the real issue?

**#7** Am I changing the subject without responding to what was communicated?

**#8** Am I refusing to talk or respond?

**#9** Am I hiding in work activities to avoid intimacy?

**#10** Am I choosing to ignore grievances and allowing my own feelings to fester?

"He who listens to a life-giving rebuke will be at home among the wise." ([Proverbs 15:31](#))

### • Deceptive Ways

Ten intentional versions of untruthfulness (lies and deceptions) reveal open rebellion and foolhardy denial of God's claim on one's life.

"The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception." ([Proverbs 14:8](#))

**#1 Am I lying?....** knowingly giving wrong information/impressions

**#2 Am I blaming?....** shifting responsibility to another

**#3 Am I flattering?....** complimenting with hidden motives

**#4 Am I gossiping?....** telling rumors about others

**#5 Am I boasting?....** bragging and flattering myself

**#6 Am I diverting?....** changing the subject

**#7 Am I pouting?....** refusing to communicate verbally

**#8 Am I patronizing?....** pretending to agree or give support

**#9 Am I discriminating?....** choosing to hear only what I want to hear

**#10 Am I misleading?....** communicating only partial truth

"Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator." ([Colossians 3:9-10](#))

Biblical Counseling Keys - Biblical Counseling Keys – Communication: The Heart of the Matter.