

Edward Christian Church "Now that's What I'm Talking About" Communication –pt5b

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...

Causes of Negative Communication

We are **created** to have **relationships**. God not only wants us to enjoy a personal **relationship** with Him... but that we **develop** / **experience** loving **relationships** with others. However, our **sinfulness** often gets in the **way**.

- Remember **Adam's response** when God called out to him in the **garden**? It could be **paraphrased** something like... *"I heard You seek to communicate with me, but knowing I had disobeyed, I was afraid You wouldn't love me anymore. It seemed better to hide so You couldn't see the truth. Actually, it's not my fault! The companion You gave me caused the whole problem."* -**Genesis 3:9-12**
- Adam began acting out sin by **seeking to meet his needs for love**, for **significance** and for **security** in the way he thought best.

Healthy, mature communication is the revelation of our true selves to someone who cares about us.

- **Risk of rejection can be so intense that we learn different ways to hide our fears and self-doubts.**

"When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me." -**1 Corinthians 13:11**

1- Hidden Agendas

Am I **allowing** God to meet my **emotional needs** for **love**, for **significance** and for **security**? Am I **resting** in the **assurance** of my **God-given self-worth**? When I know that **I have all I need in Christ**, my **heart** becomes **free** to **focus** on the **needs of others**.

2- Hiding Places

Since I want to appear **perfect**, but **know** I am **not**, it is **easier** to **avoid** communication. I don't want **others** to see that I am **anxious, fearful, hurting, angry, or experiencing failure**. The following **rationalizations** are **defense mechanisms** we often use to **avoid** revealing "**the real me**" to our **loved ones, never from God**.

"Can anyone hide in secret places so that I cannot see him?" declares the Lord. 'Do not I fill heaven and earth?'" -**Jer 23:24**

- *"What good would it do to talk about it?" - "Why start an argument?"*
- *"I can handle this on my own." - "I don't want to worry her."*
- *"I'm uncomfortable talking about my problems."*
- *"We didn't talk about these kinds of things in our family." - "I'm probably too sensitive."*
- *"Humor is the best way to avoid sensitive subjects." - "I don't have an outgoing personality."*

You may **think** you want to **develop closer**, more **honest** relationships, but **if** your **emotions** still need **confirmation** from others, your communication will be **self-focused** and **insincere** based on your **beliefs**.

Wrong Belief:

"I feel unworthy and inadequate. If I let others know who I really am, I risk their disapproval and rejection."

- **By-products of this thinking - low self-worth, apathy, bitterness, selfishness, insecurity, anger, pride**

Right Belief:

My **heart overflows** with **love, significance / security** in the Lord Jesus Christ. I **don't need** the **approval** and **acceptance** of others to have a **God-given** sense of **self-worth**. I am **free** to communicate **honestly / openly**.

- **By-products of this thinking -a heart that can be... honest before God, " " with others, see the needs of others, communicate God's love to others**

*"Accept one another, then, just as Christ accepted you, in order to bring praise to God." -**Romans 15:7***