**Edward Church Stop the Bleeding Pt 4d – Communication September 5, 2017 Pt 4**

**God has so** much **for us to** experience **in this life. He has** provided **a way in** every **situation that we may** find **ourselves in. So many times, we get** harmed **by** circumstances **and if not** handled **correctly, we can** bleed **to death (***emotionally, mentally, spiritually***). We need to find what God** says**,** apply **it, and** stop **the** bleeding**.**

**…** **Communication**

**Have you ever paused to** evaluate **the** impact **of** how **you communicate? Your words have the** potential **of bringing** life **or** death **to the** heart **of another. Your** words**, along with underlying** attitudes**,** strengthen **them in the Lord (***stop the bleeding***) or** weaken **their faith (***cause bleeding***)**

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

**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** / **responding** in **ways** that **intimidate** or **destroy**. The following **words** /**ways** are **verbal** / **nonverbal** negative communication habits that serve only to wound/ wrong others.

*"A wise man's heart guides his mouth."* -**Proverbs 16:23**

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**•** Degrading **Words-** *"Reckless words pierce like a sword." -***Proverbs 12:18**

**Thoughtless**, insensitive, **teasing**, critical, **coarse**, tactless, **indelicate** expressions, ***inappropriate words***—

* **Examples:** *"Surely you don't believe that...." —"He is very sensual and sexy...."*

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**•** Demanding **Words-** *"Anger is cruel and fury overwhelming."* **-Proverbs 27:4**

**Ordering**, threatening, **arguing**, cursing, **accusing**, probing, ***angry words***—

* **Examples:** *"You'd better do this now or...." —"Why were you so late... where were you?"*

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

**Moralizing**, preaching, **lecturing**, judging, **criticizing**, disapproving, ***condemning words***—

* **Examples:** *"You never consider my feelings...." —"You should do better than that...."*

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**•** Destructive **Words-** *"With his mouth the godless destroys his neighbor." -***Proverbs 11:9**

**Gossiping**, repeating **rumors** or confidences, **discrediting**, belittling, **blaming** others, ***slandering words***—

* **Examples:** *"She never arrives at work on time." —"Be sure not to repeat this but…”*

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• Deceitful **Words-** *"A deceitful tongue crushes the spirit." -***[Proverbs 15:4](http://www.crossbooks.com/verse.asp?ref=Pr+15%3A4)**

**Lying**, false **statements**, exaggerating, **bragging**, boasting, **flattering**, insincere, ***untruthful words***—

* **Examples:** *"I never really get angry at anyone...." —"My goal is to benefit others in any way I...."*

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