

# From Surviving to Thriving P4b

Fasting

Serving Others

# K.I.S.S Keep It Simple Saints

Participating in Church

Scripture Study

Family Home Evening

## New Year – New

Attending the Temple

# 5th Principle

of

## “KISS”

# 5th Principle

Heavy on the Salt  
Light on the Pepper

“KISS”

Man's inability to  
communicate is a result of  
his failure to listen effectively.

Carl R. Rogers

**Our World is Collapsing  
Communication Has All But Stopped  
There is a Lot of Sabre Rattling...  
...But Very Little Actual Listening**

Carl R. Rogers

**The World Needs to Listen to God  
And Listen to Each Other**



**EVERYONE SHOULD  
BE QUICK  
TO LISTEN,  
SLOW  
TO SPEAK AND SLOW  
TO BECOME ANGRY.**

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**-JAMES 1:19**

**EV  
TO  
S  
TO  
TO**

**God Gave Us Two Ears and One Mouth  
It Sounds Like God Wants Us to Listen...  
...Twice as Much as We Talk  
But Listening is a Lot More Complicated...  
...Than It Sounds  
If Done Correctly It Brings...  
Help and Healing  
If Done Incorrectly It ...  
Hinders and Hurts**

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**-JAMES 1:19**

SPEAK IN SUCH A WAY  
that others love  
TO LISTEN TO YOU.  
listen in such  
A WAY THAT  
others love to  
SPEAK TO YOU.

# **SPEAK IN SUCH A WAY**

**Everyone likes to Be Heard... to Be Understood... to Matter!**

**Again remember the saying, "God gave us one mouth and two ears so we would listen twice as much as we speak."**

*listen in such  
A WAY THAT  
others love to  
SPEAK TO YOU.*

# **SPEAK IN SUCH A WAY**

**Everyone likes to Be Heard... to Be Understood... to Matter!**

**Again remember the saying, "God gave us one mouth and two ears so we would listen twice as much as we speak."**

**While everyone wants to be heard, not everyone wants to hear... to listen... to understand. Maybe that is one reason Jesus gave us what is known as**

**The Golden Rule:**

***"Do to others as you would have them do to you" -Luke 6:31***

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**The Two for One Special:**

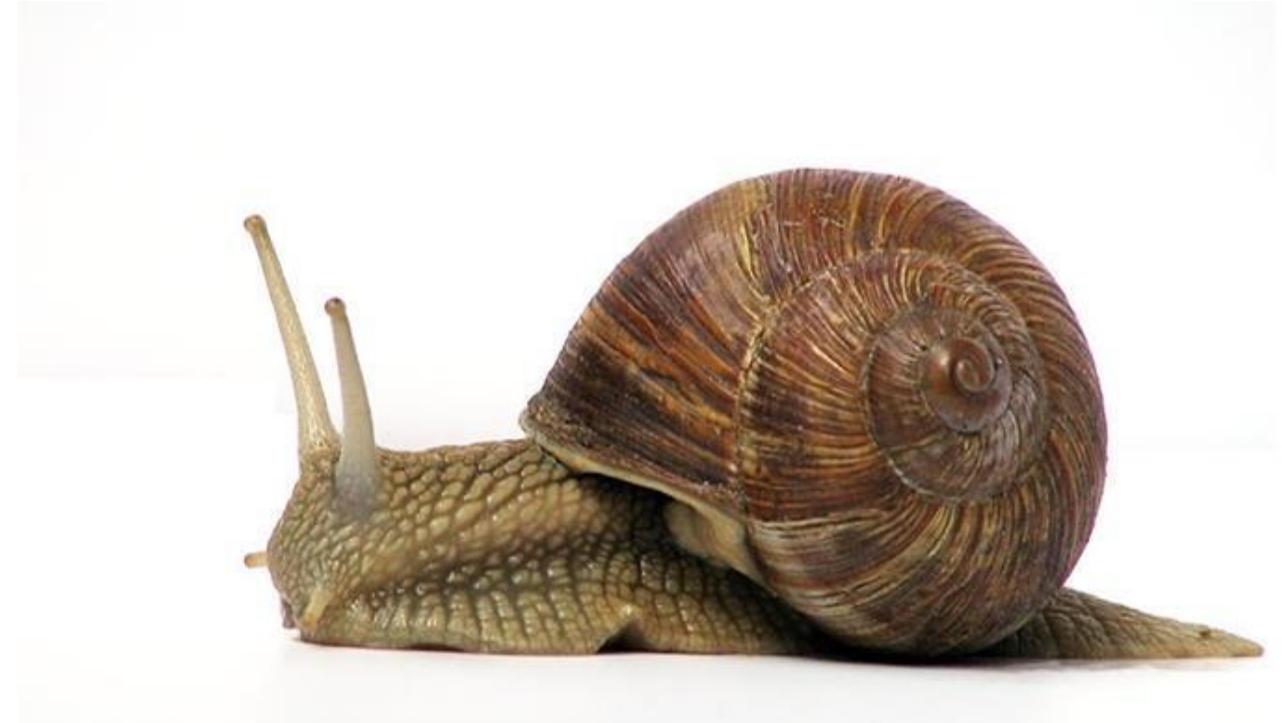
***"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." -James 1:19***

My dear brothers and sisters, take note of this:  
Everyone should be quick to listen,  
slow to speak and slow to become angry.

**James 1:19**



My dear brothers and sisters take note of this.  
*Swift to hear* - quick and attentive ear  
**Listen to Understand.**  
**Resist the Urge to Listen to Respond**



My dear brothers and sisters, take note of this.

*Swift to hear* - quick and attentive ear

**Listen to Understand.**

**Resist the Urge to Listen to Respond**

True, sustained, Active Listening is a great Act of faith, and a great means of grace, Both for ourselves and for others in the fellowship.



Be sure to  
taste your  
words  
before you  
spit them  
out.

Be sure to  
react to your

- *Swift to hear* - quick and attentive ear
- *Slow to speak* - slow to begin speaking, not slow while speaking

out.

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  - You Don't Always Have to Have the ...

First Word

Last Word

Loudest Word

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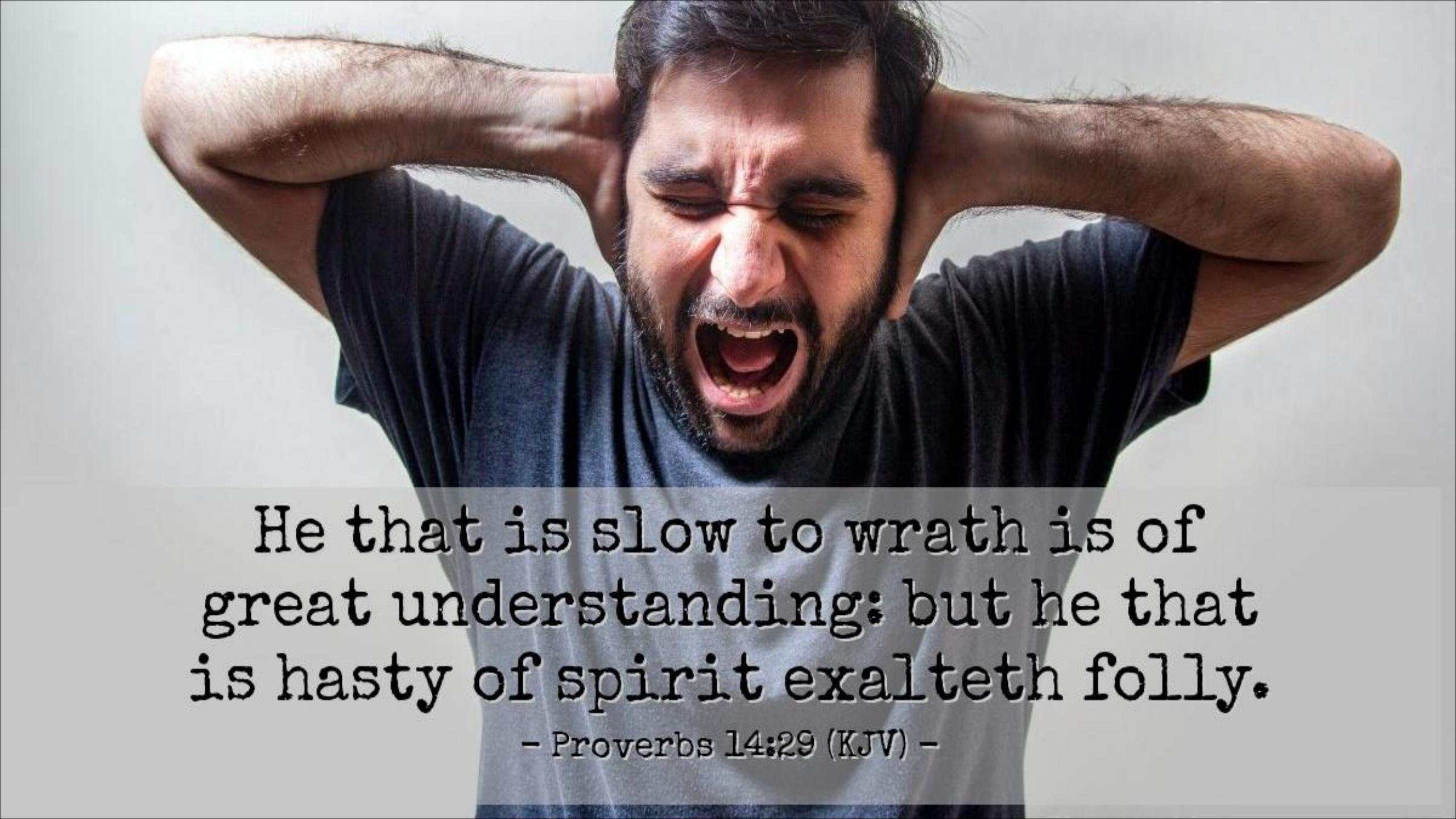
First Word

Last Word

Loudest Word

*“Stop and Digest What You Have Heard BEFORE Speaking”*

out.



He that is slow to wrath is of  
great understanding: but he that  
is hasty of spirit exalteth folly.

– Proverbs 14:29 (KJV) –

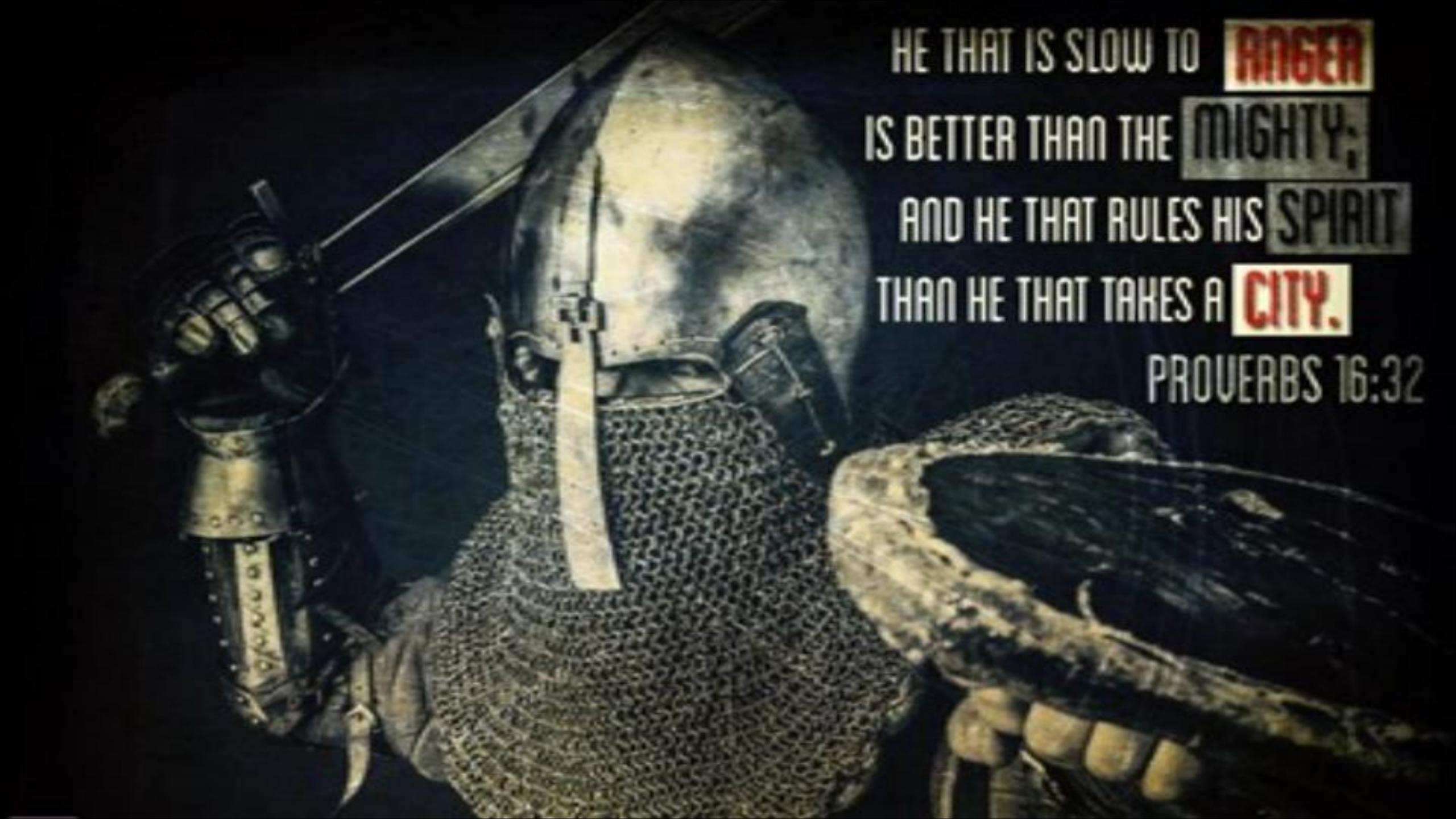


- *Swift to hear* - quick and attentive ear.
- *Slow to speak* - slow to begin speaking, not slow while speaking.
- *Slow to anger* - slowness to speak up when angry, tend to curb anger
- **Psalm 4:4 (NLT2)**  
4 *Don't sin by letting anger control you. Think about it overnight and remain silent.*



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4 *Don't sin by letting anger control you. Think about it overnight and remain silent.*

***When Your Temper Takes Over ...  
... Your Brain Ceases to Function***



HE THAT IS SLOW TO RAGE  
IS BETTER THAN THE MIGHTY;  
AND HE THAT RULES HIS SPIRIT  
THAN HE THAT TAKES A CITY.

PROVERBS 16:32

HE THAT IS SLOW TO  
IS BETTER THAN THE **ROGER**  
**DALE** **MIGHTY**

- **Proverbs 16:32 (NASB77)**

32 He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city.

- **Proverbs 16:32 (NLT2)**

32 Better to be patient than powerful; better to have self-control than to conquer a city.

- **Proverbs 16:32 (MSG)**

32 Moderation is better than muscle, self-control better than political power.

# How?

Your words should  
always be with  
grace, as if  
seasoned with salt,  
and be aware how it  
is appropriate for  
you to answer  
each man.

Colossians 4:6



# How?

- **Colossians 4:6 (NASB77)**

⁶ Let your speech always be with grace, seasoned, as *it were*, with salt, so that you may know how you should respond to each person.

- **Colossians 4:6 (MSG)**

⁶ Be gracious in your speech. The goal is to bring out the best in others in a conversation, not put them down, not cut them out.

- **Colossians 4:6 (AMP)**

⁶ Let your speech at all times be gracious (pleasant and winsome), seasoned [as *it were*] with salt, [so that you may never be at a loss] to know how you ought to answer anyone [who puts a question to you].

*“You are the salt of the earth. You are the light of the world.” – Matthew 5:13-14*

SALT & LIGHT



*“You are the salt of the earth. You are the light of the world.” – Matthew 5:13-14*

**Jesus called believers to be the Salt of the Earth -Matt 5:13**

### **Salt is an Important Mineral**

- Preserves Food,
- Brings Out Flavor,
- Soothes and Heals
- Necessary for Life:
- **Valuable** – *Roman Soldiers were Paid in Salt*

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***Our Words Should Add Value to Others...  
...Challenge Them to be Better***

There are three sure  
ways to love:

- 1) be quick to listen;
- 2) be slow to speak;
- 3) be slow to anger.

# Be Different in the AGE OF OUTRAGE

There are three sure  
ways to love:  
quick to listen;  
slow to speak;  
slow to anger.