

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? A thoughtful, encouraging word, an empathetic comment, a compassionate glance or a careless comment, a rude remark, a sarcastic smirk - what do they really communicate to those closest to you? Your words have the potential of bringing life or death to the heart of another. Your words, along with underlying attitudes, will either build others up or tear them down, 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

"Ten Commandments" of Godly Communication

The Bible gives many directives for the words we use in communicating with others. The following are Ten Commandments that reflect fundamental principles of godly communication.

#1 Your Words are to be Truthful.

- *"The LORD detests lying lips, but he delights in men who are truthful."* -Proverbs 12:22

#2 Your Words are to be Pleasing to God.

- *"May the words of my mouth and the meditations of my heart be pleasing in your sight."* -Psalm 19:14

#3 Your Words are to be Life-Giving.

- *"The tongue has the power of life and death."* -Proverbs 18:21

#4 Your Words are to be Encouraging.

- *"Encourage one another and build each other up, just as in fact you are doing."* -1 Thess 5:11

#5 Your Words are to be Gracious.

- *"Words from a wise man's mouth are gracious, but a fool is consumed by his own lips."* -Ecc 10:12
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#6 Your Words are to be Wise.

- *"Wisdom is found on the lips of the discerning, but a rod is for the back of him who lacks judgment."* -Prov 10:13

#7 Your Words are to be Few.

- *"When words are many, sin is not absent, but he who holds his tongue is wise."* -Proverbs 10:19

#8 Your Words are to be Timely.

- *"A man finds joy in giving an apt reply—and how good is a timely word!"* -Proverbs 15:23

#9 Your Words are to be an Investment.

- *"From.. fruit of his lips a man is filled w- good things as surely as ..work of his hands rewards him."* -Prov 12:14

#10 Your Words are to be Loving.

- *"If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal."* -1 Cor 13:1
 - *"You shall not give false testimony."* -Exodus 20:16
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