

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*

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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