

## Balance \_\_\_\_\_ & \_\_\_\_\_

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. James 1:19 (NLT)

If you listen to advice and are willing to learn, one day you will be wise. Proverbs 19:20 (TEV)

Answering before listening is both stupid and rude. Proverbs 18:13 (MSG)

Listening Tool:

Talking Tool:

### Love Busters

#### Love Buster #1:

An angry person starts fights; a hot-tempered person commits all kinds of sin. Proverbs 29:22 (NLT)

Control your temper, for anger labels you a fool. Ecclesiastes 7:9 (NLT)

And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil. Ephesians 4:26-27 (NLT)

Stop being bitter and angry and mad at others. Don't yell at one another or curse each other or ever be rude. Ephesians 4:31 (CEV)

#### Love Buster #2:

(Jesus)... If you call someone an idiot, you are in danger of being brought before the court. And if you curse someone, you are in danger of the fires of hell. Matthew 5:22 (NLT)

... you shouldn't act as if everything is just fine when one of your Christian companions is... rude to friends... You can't just go along with this, treating it as acceptable behavior. 1 Corinthians 5:11 (MSG)

(Love) isn't rude... 1 Corinthians 13:5a (GW)

... be eager to show respect for one another. Romans 12:10 (TEV)

#### Love Buster #3:

Don't be concerned for your own good but for the good of others. 1 Corinthians 10:24 (NLT)

(Love) does not demand its own way... 1 Corinthians 13:5 (NLT)

Don't look out only for your own interests, but take an interest in others, too. Philippians 2:4 (NLT)

#### Love Buster #4:

Confess your sins to each other and pray for each other so that you may be healed... James 5:16 (NLT)

Truthful words stand the test of time... Proverbs 12:19 (NLT)

... God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:7 (NLT)

- I promise not to withdraw emotionally or leave physically; and I will not use the threat of divorce.
- I will assume that you have good intentions in what you're trying to share and I'll give you the benefit of a doubt.
- Nothing you say will be used against you or to provoke an argument later on. I won't reject you because of anything you need to share.
- I will take responsibility for my own emotions and will not blame you for how I'm feeling.
- I'll share the truth from my heart as caring, honestly and respectfully as possible – using “I” messages.
- I will operate from the assumption that change is always possible for both of us.
- I will try to accept your truth with out manipulating it, getting defensive about it, or trying to control what you communicate.
- I agree that we can disagree. I'll allow your perspective and your feelings.
- I commit to working through any blocks that come up in our talks until they are resolved and we're open and loving with each other once again.
- I agree to finish each talk with a sincere hug and “I love you.”



## Communication – Part 1 April 26, 2009

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The Word became a human being and, full of grace and truth, lived among us. John 1:14 (TEV)

...grace and truth came through Jesus Christ. John 1:17 (TEV)

If you keep on biting and devouring each other, watch out or you will be destroyed by each other. Galatians 5:15 (NIV)

Someone who holds back the truth causes trouble... Proverbs 10:10 (TEV)

...by speaking the truth in a spirit of love, we must grow up in every way to Christ, who is the head. Ephesians 4:15 (TEV)

Our Truth Has To Be Shared In A Spirit Of \_\_\_\_\_.

Our Attitude Of Love Has To Embrace \_\_\_\_\_.