

COMMUNICATION & FORGIVENESS

2010 Weekend Marriage Getaway
Camp Maranatha, Big Lake, AK

OVERVIEW

- Why Study Communication & Forgiveness?
- Attitudes of Communication
- Four Rules of Communication
- Forgiving and Being Forgiven

WHY STUDY COMMUNICATION & FORGIVENESS?

- ▣ “Woe to the world because of its stumbling blocks! For it is inevitable that stumbling blocks come...” – Matthew 18:7a (NASB)

We could focus on romance and enjoying one another, but without these tools, you are defenseless against the sin that will arise in your relationship.

WHY STUDY COMMUNICATION & FORGIVENESS?

- We are _____ for every word we speak – James 3:7-8a
- Our _____ is at the center of our communication – Matthew 15:18-20
- We need God's help to _____ what we say and how we say it. – Matthew 12:36-37

We need a way to deal with all of the issues we unearthed yesterday!

ATTITUDES OF COMMUNICATION

- We must first tackle the _____
because the mouth will speak from the
abundance of the heart!
- Foundational Texts
 - 1 John 4:19 – “We love, because He first loved us.”
(NASB)
 - Colossians 2:13-15
 - Colossians 3:12-19

ATTITUDES: BOWELS OF MERCY & KINDNESS

- ▣ Bowels of mercy –
- ▣ Kindness –
- ▣ *1 Timothy 1:15 – “This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world to save sinners; of whom I am chief.” (KJV)*

ATTITUDES: HUMILITY & MEEKNESS

- ▣ Humility–
- ▣ Meekness –
- ▣ *Matthew 11:29 – “Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.” (KJV)*

ATTITUDES: LONGSUFFERING, FORBEARANCE & FORGIVENESS

- ▣ Longsuffering–
- ▣ Forbearance –
- ▣ *2 Peter 3:9 – “The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.” (KJV)*

ATTITUDES: LONGSUFFERING, FORBEARANCE & FORGIVENESS

- Forgiveness is the _____ to conflict and will be discussed after the rules of communication
- These attitudes of the heart (compassion, humility, and longsuffering) express themselves through _____ communication, which is our next topic...

ATTITUDES: LONGSUFFERING, FORBEARANCE & FORGIVENESS

HOMEWORK:
“Listening Self-Assessment”
&
“25 Questions”

Ephesians 4:25-32

1. **Be _____**
2. **Keep _____**
3. **Attack the _____, Not the Person**
4. **Act, Don't _____**



4 RULES OF COMMUNICATION

1: BE HONEST (v25)

- Not just put off _____, but speak the _____.
 - Greek imperative: A _____. “You speak!”
 - 1 Corinthians 2:11 - People cannot read our _____.
 - Honesty is more than not _____.
- Speak the _____.
 - Problems cannot be solved unless they are expressed.
 - Ephesians 4:15 - Speak the truth in _____.

1: BE HONEST (v25)

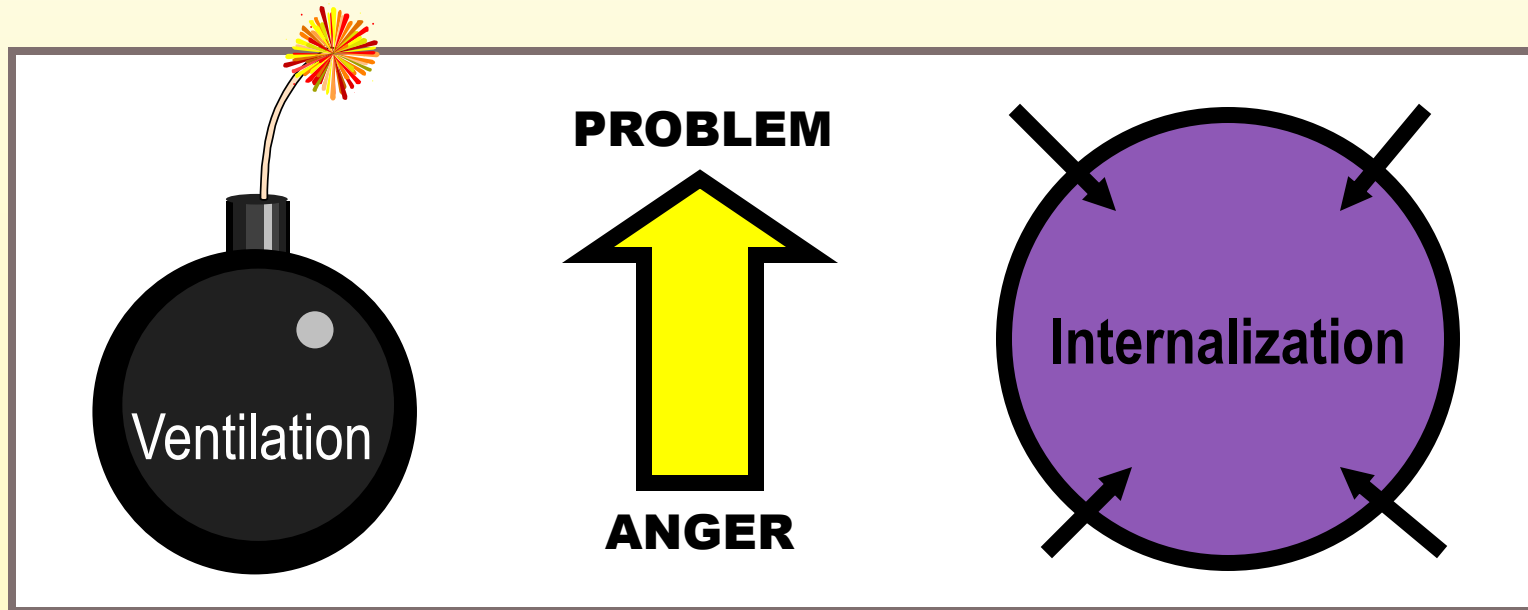
■ Dishonesty is _____.

Examples include:

- Outright deceit. - Colossians 3:9
- Conflict between body language and tones and the content of what we say.
- Disguising the message; innuendoes.

2: KEEP CURRENT (v26-27)

The Two Extremes



Both Are Sinful Expressions of Anger

2: KEEP CURRENT (v26-27)

- Get angry, but don't _____.
- Lying (v. 25) is sin; _____ (vs. 26) may not be. (Mark 3:5)
- Anger is _____ to be used to solve problems.
- Anger becomes sinful when it is used to attack _____ (Proverbs 25:28) or _____ (stewing about the problem) (Ephesians 4:26,27)
- Failure to solve problems daily means we are giving place, or a foothold to _____.

2: KEEP CURRENT (v26-27)

- Stop _____.
 - Cutting off communication by:
 - Crying
 - Threatening an explosion - volcanic eruptions
 - Bottom lining: “All I have to say is...”
 - 2. Deal with problems _____.
 - *Matthew 6:34 - “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”*

2: KEEP CURRENT (v26-27)

- Six questions to ask before bringing up a problem.

1. Do I have the _____ right?

- *Proverbs 18:13 – “He that answers a matter before he hears it, it is folly and shame to him.”*

2. Should _____ cover it? Is it **sinful**? Is it hindering growth?

- Sinful – A violation of God’s Commands
- *Proverbs 10:12 – “Hatred stirs up strife: but love covers all sins.”*
- *1 Peter 4:8 – “And above all things have fervent love for one another, for love covers a multitude of sins.”*

2: KEEP CURRENT (v26-27)

- Six questions to ask before bringing up a problem.

3. Is my _____ right?

- *Proverbs 15:23b – “... and a word spoken in due season, how good it is!”*

4. Is my _____ right? Am I trying to help the _____ person?

- *Ephesians 4:15 – “But, speaking the truth in love, may grow up in all things into him who is the head, even Christ”*

2: KEEP CURRENT (v26-27)

- Six questions to ask before bringing up a problem.

5. Are my _____ loving?

6. Have I _____ for God's help?

- *Proverbs 3:5-6 – “Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.”*

Communicate like two lovers, not two lawyers!

3: ATTACK THE PROBLEM, NOT THE PERSON (v29-30)

- Avoid “unwholesome words”.
 - Words that attack a person’s _____; Name-calling.
 - *Matthew 5:22 – “But I say to you, that whoever is angry with his brother without a cause shall be in danger of the judgment. And whoever says to his brother, “Raca!” shall be in danger of the council. But whoever says, “You fool!” shall be in danger of hell fire.”*
 - _____ down, _____ apart or _____ growth.
 - *James 3:10 – “Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.”*

3: ATTACK THE PROBLEM, NOT THE PERSON (v29-30)

- Avoid “unwholesome words”.
 - Clouds or bypasses the _____.
 - _____ the Holy Spirit.
 - *Ephesians 4:29-30*
- Use “edifying” communication that _____ or builds up.
 - Two ways we must speak the truth in Ephesians 4:15 are in _____ and in a way that _____.

3: ATTACK THE PROBLEM, NOT THE PERSON (v29-30)

- Words that _____, gives “grace” (the desire/ability to do God’s will) to those who hear.
- Words that zero in on the _____, - are solution oriented.

Note: This rule can also be violated by tones and body language.

Conflicts are opportunities for us to become more like Jesus Christ

4: ACT, DON'T REACT (v31-32)

- Reactions (v. 31) - attitudes and _____ that must be “put off.”
 - *Ephesians 4:31 – “Let all bitterness, wrath, anger, clamor, and evil speaking, be put away from you, with all malice”*
 - Definitions:
 - Bitterness - the refusal to treat someone as if they never hurt you.
 - Wrath - flaring outbursts of anger
 - Anger - settled indignation or hostility that frequently seeks revenge; the “slow burn.”

4: ACT, DON'T REACT (v31-32)

- ▣ Definitions: *continued*

- ▣ Clamor - harsh contention and strife, public quarreling, brawling
- ▣ Evil Speaking - speech that injures, abusive speech.
- ▣ Malice - desire to harm others or see them suffer.

We respond by our habits. Attacks are our natural response.

4: ACT, DON'T REACT (v31-32)

- The natural tendency of our Genesis 3 nature is to be _____ about dealing with our own sins.
 - *Genesis 3:11-13 – “And He said, ‘Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?’” Then the man said, ‘The woman whom You gave to be with me, she gave me of the tree and I ate.’ And the Lord God said to the woman, ‘What is this you have done?’ The woman said, ‘The serpent deceived me, and I ate.’”*

4: ACT, DON'T REACT (v31-32)

- Actions (vs. 32) - attitudes and actions you must “_____” to replace the reactions:
 - *Ephesians 4:32 – “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”*
 - Definitions:
 - Kind - benevolent, helpful, courteous
 - Tenderhearted - *lit.* “of good heartedness,” compassionate, sympathetic.
 - Forgiving – *coming up...*
 - You, through God’s Spirit, must _____ to be kind, tenderhearted, and forgiving.



THE ATTITUDE OF A KING

King David's plan for doing better.

**“Let the words of my mouth,
and the meditation of my heart,
be acceptable in Your sight, O
Lord, my strength, and my
redeemer.”**

- Psalm 19:14

4 RULES OF COMMUNICATION

HOMEWORK:
“Communication Inventory”
&
“Communication Action Plan”

FORGIVING AND BEING FORGIVEN: A FOUNDATION

■ A Model for Forgiveness:

- *Ephesians 4:32 – “And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”*

■ How does God forgive?

- *Proverbs 28:13 – “He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy” (NKJV)*
- Three Important terms:
 1. Confess
 2. Forsake (Repent)
 3. Mercy (Forgiveness)

FORGIVING AND BEING FORGIVEN: A FOUNDATION

- Confess – completely and openly acknowledging and taking ownership of your sin before the offended party without excuse or blame-shifting
 - Hebrew – to hold out with an open hand
 - Greek – to say the same thing



FORGIVING AND BEING FORGIVEN: A FOUNDATION

- Repentance – a sincere and God-wrought change of heart which prompts a _____ in thoughts, actions, and attitudes
 - *2 Corinthians 7:10-11 – “For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death. For behold this selfsame thing, that ye sorrowed after a godly sort, what carefulness it wrought in you, yea, [what] clearing of yourselves, yea, [what] indignation, yea, [what] fear, yea, [what] vehement desire, yea, [what] zeal, yea, [what] revenge! In all [things] ye have approved yourselves to be clear in this matter.” (NASB)*

FORGIVING AND BEING FORGIVEN: A FOUNDATION

- One who is truly repentant is more concerned about the _____ than the _____
- True repentance seeks the forgiveness of sin and the _____ of sin with righteousness

FORGIVING AND BEING FORGIVEN: A FOUNDATION

- Forgive – to make a _____ that you will not bring up an offence against the offender again, allowing the relationship to be healed and mended.
 - *Psalms 103:11-12 – “For as the heaven is high above the earth, so great is his mercy toward them that fear him. As far as the east is from the west, so far hath he removed our transgressions from us.” (NASB)*
 - *Jeremiah 31:34 – “And they shall teach no more every man his neighbour, and every man his brother, saying, Know the LORD: for they shall all know me, from the least of them unto the greatest of them, saith the LORD: for I will forgive their iniquity, and I will remember their sin no more.” (NASB)*



FORGIVING AND BEING FORGIVEN: BUILT ON LOVE

▣ Read 1 Corinthians 13:1-7

- ▣ Without _____ there is nothing enduring
- ▣ In the definition of love is there any room for hating another?

▣ Read 1 John 4:7-8

- ▣ Biblical love must be _____ before it can be _____

FORGIVING AND BEING FORGIVEN: BUILT ON LOVE

- *Proverbs 10:12 – “Hatred stirreth up strifes: but love covereth all sins.” (KJV)*
- *Proverbs 17:9 – “He who conceals a transgression seeks love, But he who repeats a matter separates intimate friends.” (NASB)*
- *1 Peter 4:8 – “Above all, keep fervent in your love for one another, because love covers a multitude of sins.” (NASB)*
 - Cover – conceal, hide, cover up
 - How does this comport with what we have learned so far?

FORGIVING AND BEING FORGIVEN: BUILT ON LOVE

- Read Psalm 32:1-6 – How did God cover sin?
 - He covered David's sin by making him _____ with it, bringing him to confession and repentance.

***SIN CAN ONLY BE COVERED BY THE BLOOD OF
JESUS CHRIST! LOVE COVERS SIN!***

CONCLUSION

- Remember, you cannot _____ the other person. You can only seek, by God's grace, to be _____.
- *Philippians 4:13 – “I can do all things through Christ which strengtheneth me.”*

CONCLUSION

HOMEWORK:
“Log List – Part 3”