

Road to Emmaus



Biblical Counseling Center

Biblical Communication

Tom Aylward

September, 2019

- I. **Introduction:** *Death and life are in the power of the tongue, and those who love it will eat its fruits (Pr. 18:21).*

- II. **Priority for Good Communication** – begins with God.
 - a. God spoke the world into existence (Gen. 1:3, 5, 6, 8, 9 ff.; 26 -27, 28-30).

 - b. Jesus is our model for good communication – (Heb. 1:1-2; Jn. 7:46; Jn. 6:68).

 - c. God has shown us and told us that our speech should be truthful, clear, intentional and timely.

- III. **Problems with Good Communication** – can be described in three ways.
 - a. Poor communication is a sin problem – Adam and Eve (Gen. 3:1-7, 9-12).

 - b. Poor communication is a heart problem – our tongues reflect our hearts (Jas. 3:5-10; Lk. 6:43-46).

 - c. Poor communication is an identity problem – we forget who we are in Christ (Jas. 3:9-10; Eph. 4:1-3).

IV. **Provision for Good Communication** – In Christ Jesus we find the grace that provides all we need to speak as God intended us to speak (Tripp).

- a. Jesus death and resurrection solves our sin problem (Eph. 2:1-10).

- b. God provides new hearts to believers in Christ (Ezek. 11:19; 36:26; 2 Cor. 5:17).

- c. God adopts us as sons/ daughters giving us a new identity (Eph. 1:3-14).

- d. The need for change is evident (Eph. 4:20-24).

- e. The motivation for change must be right. (1 Cor. 10:31; 2 Cor. 5:9; Eph. 5:10).

V. **Principles of Good Communication** – (Eph. 4:25-32).

- a. Be honest with one another (v. 25; 15; Pr. 4:24).

- b. Resolve issues quickly (vv. 26, 27; Jas. 4:1-3).

- c. Address the problem; don't attack people (vv. 29, 30; Col. 4:6; Pr. 16:24).

- d. Be proactive, not reactive (vv. 31, 32; Gal. 5:19-21; Gal. 5:16, 18; Gal. 5:22-24; Matt. 7:1-5).

- e. Be a good listener (Holmes) - *Pr. 15:28-The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.*
 - i. Thank you for sharing that.
 - ii. Did I hear you correctly?
 - iii. Is there anything you would like to add?
 - iv. Tell me more!
 - v. Am I making a fair observation on what you just said?
 - vi. Do you mind if I summarize what I believe I heard you say?
 - vii. How can I grow in our communication?

VI. **Conclusion:** Communication problems arise out of our hearts and our identity. When we speak it reflects what we love, what we value and what we are fundamentally about. In Christ we have the resources and the power to communicate in a way that glorifies God and builds up others.

Resources:

Paul David Tripp, *War of Words*, (P & R Publishing, 2000), 5, 41,

Jim Newheiser, *Opening Up Proverbs*, (Day One, 2008), 136.

Stuart Scott, *Communication and Conflict Resolution*, (Focus, 2005), 6-12.

Wayne A. Mack, *Strengthening Your Marriage*, (P & R Publishing, 1999), 73-74.

Jonathan D. Holmes, *Counsel for Couples*, (Zondervan, 2019), 189-199.