

Biblical Lessons On Communication

SERMON October 17, 2021

Scripture Reading: Jeremiah 1:4-8, 17-19, 1 Peter 3:8-12

Golden verse: *Gracious words are a honeycomb, sweet to the soul and healing to the bones.* Proverbs 16:24

There are two things which can highly flourish any relationships: realistic expectations and loving, healthy communication.

Two things can destroy any relationship: unrealistic expectations and poor communication.

In many movies, we see perfect, rich homes owned by couples who have bad relationships. Financially, they live a high quality of life but communication-wise they seem to be very poor.

Two weeks ago, we were learning about realistic and unrealistic expectations. Today, with the help of the Holy Spirit, we will learn about the importance of communication.

If we would like to have an active and enjoyable relationship with our partners, our children and our friends, we have to improve our communication skills constantly. All of us always can learn something new about communication and how to practice our knowledge as we communicate. With healthy communication, we can create a happier life.

Communication is an essential part of life. Communication is to relationships what breath is to life.

The Bible, which points to the meaning of life, has a lot to say about communication. Today, God will help us, through His Holy Spirit, to learn how to communicate according to the Bible. At this time, we will elaborate on these ideas and then apply them with some biblical insight for our homes.

The main message we are focusing on today is **talk with each other**.

Why is communication so important with our friends, our children or our partners?

Relationships cannot grow without the proper amount of communication. In a relationship, when communication starts to fade everything else follows.

Good communication is essential in any healthy relationship. Remember:
“Gracious words are a honeycomb, sweet to the soul and healing to the bones.”
 Proverbs 16:24

Communication allows us to effectively share feelings, opinions and expectations.

Many people fail to communicate due to a fear of rejection or the fear that they will end up upsetting or even losing their partner, family members or friends.

All relationships have ups and downs, but a healthy communication style can make it easier to deal with conflict and build a stronger and healthier partnership. For this, we have to communicate well. As we communicate, we pass information to other people.

There are some bad reasons why we do not communicate and why we do not share information with each other.

One big mistake in communication is assuming that your partner knows everything that he or she needs to know about what you are expecting in your relationship.

If you are expecting something from your child, your friend or your partner, please kindly let them know. Your relationship should be based on communication, not on your **assumption**.

Even when it might be uncomfortable or uneasy to share your expectations, simply get everything off your chest. If you will not communicate your expectations, your child, friend or partner won't know how to make you happy, how to please you, and you will remain bitter and lonely.

If you see that the other person is quiet or sad or moody, ask the person: “Tell me, why are you so quiet? Why are you not talking to me? Why are you sad? How did I hurt you? Tell me how I can fix it. Tell me everything.”

Without communicating these problems, there is no relationship. The other person cannot expect from me to know what is wrong with him or her. We have to say to them: “Please respect me and tell me what is wrong. How can I fix this? What can I do for you?” Without respectful communication, there is no love. Without open communication, there is no reason to continue a relationship. Speak from your heart to his heart instead of from your mind to his mind.

Assumption and lack of communication are the top ranked relationship killers.

Cool down before talking. *“The soothing tongue is a tree of life.”* (Proverbs 15:4)

Our conversations will be more productive if we have it when our **emotions have cooled off** a little, so we don't say something we may regret later.

Dear beloved, we have to learn to use “I statements”. Please do not be afraid to share with the other person how you feel when he or she does something that you don't like, or how you feel when he/she does not do something that you would expect from them. Talk **ONLY** about **YOUR** feelings and what you want, and do **NOT** blame them for what they did or they missed doing.

Talk about **YOURSELF**: “When you don't call me at the arranged time, **I start to worry. I am afraid** something bad happened to you. When you are calling me later, and I realize you are ok, **I feel like** you don't care about me.”

In these sentences, we talk about **OUR** feelings and how **WE FEEL** in certain situations such as how much fear are we experiencing or how neglected we feel.

Unfortunately, in many situations, we do not describe **OUR** feelings, but we attack the other person, saying things like: “You **never** call me when you're away. You don't care about me. I am the only one who is calling you, because I am the only one who cares about this relationship. ... you are horrible, ... you don't care ... you are selfish ... you care **ONLY** about yourself.”

And unfortunately, we make bigger mistakes using the words **ALWAYS** and **NEVER**, saying:

- you **NEVER** care about my feelings,
- you **NEVER** care about me,
- you **NEVER** notice when I am down,
- you **ALWAYS** care only about yourself,
- you **ALWAYS** do what is good **ONLY** for you ... and we can go on and on about blaming the other person, instead of describing how badly **WE** feel.

“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.” Colossians 4:6

Dear beloved, we have to learn to keep our language clear and specific, describing how **WE** feel in a difficult situation. That will help the other person to realize what kind of changes **THEY** have to make. If **WE** would tell them, with a raised voice what changes **WE** are requesting, from them, they might build up a higher resistance ... **NO**, I won't do that ... but if we show them our wounded hearts, it would have more impact, and they would realize the changes they should make.

“Anxiety weighs down the heart, but a kind word cheers it up” Proverbs 12:25.

We have to do our very best to describe how we feel and how upset we are with the situation, and not with the person. We have to learn to avoid criticism in our talk and we have to avoid judgment as well.

We have to learn to say negative things **ONLY** about the problem, and **NOT** about the person.

Focus on the current issue. The conversation is likely to get bogged down if you pile on everything that bothers you. Avoid using “always” and “never” language and address one issue at a time.

Take responsibility for mistakes. Apologize if you have done something wrong; it goes a long way toward setting things right again.

Recognize that some problems are not easily solved. Not all differences or difficulties can be resolved quickly. To make changes takes time, energy and effort. We all are different people. Our values, beliefs, habits, and personalities may not always be in alignment with the other person’s. Communication goes a long way toward helping you understand each other and address concerns, but some things are deeply rooted and may not change significantly. It is important to figure out for yourself what you can accept or just tolerate, or when the tipping point is where a relationship is no longer healthy for you.

“The hearts of the wise make their mouths prudent, and their lips promote instruction.” Proverbs 16:23

Communication is a skill that we can learn. It’s like riding a bicycle or typing. If you are willing to work at it, you can rapidly improve the quality of every part of your life.

As we summarize what the Lord Jesus Christ is teaching us today, we can say: the key to a good relationship is communication.

Assume only the best for your partner. Put them on a pedestal for being so great and then talk to them in an appropriate way. Wouldn’t you like to be spoken to as if you were valued, appreciated, respected, and loved no matter what? In response, how would you react to someone who thought so highly of you? What goes around comes around. You will see your communication improve drastically with the help of God. Amen