

**Communication**  
Biblical Soul-Care Workshops

**Opportunity is nowhere**

Week 8  
Session 1

**THE GOSPEL  
INSTITUTE**

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**Sixteen Heart-Attitudes of Eph. 4**

1. *prisoner* – committed to total subservience, regardless of the cost (vs. 1).
2. *living worthily* – nurturing a life-style that corresponds with your identity (vs.1).
3. *calling received* – embracing God's sovereign call on your life (vs. 1).
4. *humility* – living in total awareness of your littleness (vs. 2).
5. *gentleness* - surrendered to whatever God brings your way (vs. 2).

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**Sixteen Heart-Attitudes of Eph. 4**

6. *gentleness* – (*prautes*) *meekness* ("gentle strength") which expresses *power* with *reserve and gentleness* (vs. 3).<sup>1</sup>
7. *patience* – embracing steadfastness and staying-power; long-tempered<sup>2</sup> (vs. 2).
8. *bearing with* – still bearing up; completing a process; living out the faith God works in<sup>2</sup>
9. *in love* – preferring the good of the other person, never keeping records of past wrongs (vs. 2 & 15).
10. seeking *unity of the Spirit* – diligent pursuit of unity, bound by peace into the Body of Christ (vs.

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**Sixteen Heart-Attitudes of Eph. 4**

11. committed to use your spiritual gift(s) to *build others* spiritually (vs. 11-12).
12. committed to Christ-like growth and change (vs. 15, 22-24).
14. committed to selfless giving vs. taking (vs. 28).
15. committed to killing *bitterness, wrath, anger and malice* (vs. 31).
16. committed to nurturing *kindness and tenderheartedness* (vs. 32).

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**1. Be Christ-like**

<sup>1</sup>I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, <sup>2</sup>with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup>eager to maintain the unity of the Spirit in the bond of peace. <sup>4</sup>There is one body and one Spirit—just as you were called to the one hope that belongs to your call— <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God and Father of all, who is over all and through all and in all. <sup>7</sup>But grace was given to each one of us according to the measure of Christ's gift. (Eph. 4:1-6)

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**1. Be Christ-like**

<sup>12</sup>to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup>until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,...<sup>15</sup>Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, (Eph. 4:12-15)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Eph. 4:32)

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**1. Be Christ-like**

1. Be concerned about the interests of others. (Phil. 2:3; Eph. 4:2; Rom. 12:15).
2. a bruised reed he will not break, and a faintly burning wick he will not quench; he will faithfully bring forth justice. (Is. 42:3)
3. Pray for God's help and wisdom.
4. Try to understand the other person's opinion. (Pr.18:2,13,15; Phil. 3:15-16)

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**2. Be Quick to Listen**

1. My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, (Ja. 1:19)
2. <sup>1</sup>A soft answer turns away wrath, but a harsh word stirs up anger. <sup>2</sup>The tongue of the wise commends knowledge, but the mouths of fools pour out folly. <sup>3</sup>The eyes of the Lord are in every place, keeping watch on the evil and the good. <sup>4</sup>A gentle tongue is a tree of life, but perverseness in it breaks the spirit. (Pr. 15:1)

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**2. Be Quick to Listen**

3. Assess your heart-attitudes towards all involved (Mt. 7:1-5).
4. Assess the person – believer/unbeliever?; wise/foolish?; angry/bitter?; broken/fragile?, weak/exhausted?
5. And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all. (1 Thess. 5:14)
6. Assess the situation – are you dealing with sin or preferences? Should you confront or should love cover? (Ja. 5:20)

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**2. Be Quick to Listen**

7. Are you dealing with sin or personal preferences?
8. Does the situation create disharmony in the Body of Christ?
9. Make sure you have and understand enough facts to wisely speak into the situation.
10. Are you responsible for this person?
11. Keep eye contact, don't interrupt or respond until the other person has finished. (Pr. 18:13)
12. Is my timing right? (Pr. 15:23)

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**3. Be Honest**

1. <sup>15</sup> Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ...<sup>25</sup> Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. (Eph. 4:15, 25)
2. Repay no one evil for evil, but give thought to do what is honorable in the sight of all. (Rom. 12:17)

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**3. Be Honest**

3. **Put off lying**
  - a. stop deception
  - b. stop fostering false impressions
  - c. stop keeping secrets
  - d. stop exaggerating
  - e. stop the innuendo – it is dishonest, unfair & sinful to expect the other person to “crack the code” of your communication.
  - f. stop nagging (Pr. 10:19; 17:9; 16:21, 23).
  - g. stop the silent-treatment

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### 3. Be Honest

#### 4. Speak the Truth

- a. Give facts as they are, including facts that may expose your failures & sins.
- b. Give enough information so the other person can understand the situation accurately
- c. Don't expect others to "connect the dots" or read minds.
- d. For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. (1 Cor. 2:11)

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### 3. Be Honest

#### 4. Speak the Truth

- e. Because we are members one of another.
- f. In the context of love... "love rejoices in truth" (1 Cor. 13:6b)
- g. Speaking the truth in love is integral to spiritual growth.
- h. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, (Eph. 4:15)

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### 4. Attack the Problem, Not the Person

1. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Eph. 4:29)
2. Reckless words pierce like a sword, but the tongue of the wise brings healing. (Pr. 12:18)
3. <sup>22</sup>But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell. (Mt. 5:22)

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### 4. Attack the Problem, Not the Person

#### 4. Put off unwholesome words

- a) Resist blaming, criticizing, name-calling (Rom. 14:13; Gal. 6:1; 1 Thess. 5:11)
- b) Avoid words that harm, hurt, degrade, demoralize.
- c) The words of a whisperer are like delicious morsels; they go down into the inner parts of the body. (Pr. 26:22)
- d) There is one who speaks rashly like the thrusts of a sword, But the tongue of the wise brings healing. (Pr. 12:18)

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### 4. Attack the Problem, not the Person

- e. Do not become involved in quarrels. It is possible to disagree without quarreling. (Prov. 17:14; 20:3; Rom. 13:13; Eph. 4:31).
- f. If someone verbally attacks, criticizes, or blames you, do not respond in the same manner. (Prov. 26:4; Rom. 12:17,21; 1 Pet. 2:23; 3:9)

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### 5. Act, Don't React

1. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Eph. 4:31-32)
2. Be killing **bitterness** – a state of resentment: a desire to think about & treat someone according to evil.
3. Be killing **wrath** - - intense anger normally resulting in passionate outbursts

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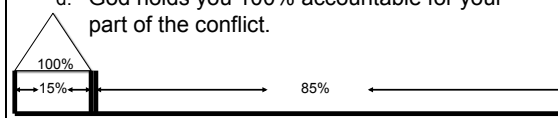
### 5. Act, Don't React

4. Be killing **anger** – settled indignation or hostility that frequently seeks revenge
5. Be killing **clamor** – loud screaming & shouting normally associated with quarrels & brawls.
6. Be killing **slander** – profane or abusive speech
7. Be killing **malice** – wickedness in the sense of a desire to harm the other person.
8. When you are in the wrong, admit it and ask for forgiveness; ask how you can change.  
(Ja. 5:16; Pr. 12:15; 16:2; 21:2, 29; 20:6; Matt. 5:23-25; 7:1-5; Lu. 17:3)

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### 5. Act, Don't React

9. Be killing defensiveness.
  - a. Adam ran, covered his sin, and blamed God and Eve (Gen. 3:7-13).
  - b. Admit your sin openly, honestly, completely.
  - c. Arguments are impossible if neither person reacts. (Ja. 4:1-3)
  - d. God holds you 100% accountable for your part of the conflict.



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### 5. Act, Don't React

10. Be Kind – benevolent, helpful, courteous
11. Be tenderhearted – compassionate, sympathetic, affectionate
12. Be forgiving – a willingness to pardon the repentant, guilty person from culpability & liability to work towards reconciliation.
  - a. Forgiveness is motivated by God's forgiveness to us.
  - b. Forgiveness is to be modeled by God's forgiveness to us.

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### 6. Keep current

1. "In your anger do not sin": Do not let the sun go down while you are still angry. (Eph. 4:26)
2. Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. (Mt. 5:25)
3. Deal with anger daily, clear the offenses that come that day. (Pro. 14:29; 15:1; 25:15; 29:11; Eph. 4:26, 31).

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### 6. Keep current

4. Anger is energy that is fueled from a judgment or evaluation that someone's rights have been violated, some rule was broken or someone's reputation has been sullied.
5. Use your emotional energies to solve today's problems today; don't make excuses; be diligent to solve problems quickly.
6. Don't clam up (shutting down, stewing, brooding)
7. Don't blow up

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### 6 Questions to Ponder before Communicating

1. Do I have the facts right? (Pr. 18:13)
2. Should love cover? (1 Pet. 4:8)
3. Is my timing wise? (Pr. 15:23b)
4. Is my attitude right? (Eph. 4:15)
5. Are my words loving? (Eph. 4:15)
6. Have I prayed for God's help? (Pr. 3:5b)

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**Application**

Choose one attitude from the beginning of this PowerPoint that you believe God would have you concentrate on first. Pray that God would help you repent for specific sins regarding that one attitude; confess them to God and others who are involved. List specific ways you believe God would want you to begin to change; be specific.

Attitude	Confession (Put-off) (Eph. 4:22)	Response (Put-on) (Eph. 4:24)

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**Going Deeper**

- Booklet - *Communication: The Art of Relationship-Building*, Rob Green
- Booklet - *Judging Others*, Ken Sande
- Booklet - *Biblical Peacemaking*, Ken Sande and Gary Friesen
- Booklet - *Words that Cut*, Rev. Alfred Poirier
- Book or video - *War of Words*, Paul David Tripp
- Booklet - *Communication & Conflict Resolution*, Stuart Scott