

What  
Is  
COMMUNICATION?

# Part 1



# Communication is:

1. “A process of sharing information with another person in such a way that the sender’s message is understood in the way he intended it to be understood.”

- Wayne Mack

## 2. Two biblical additions:

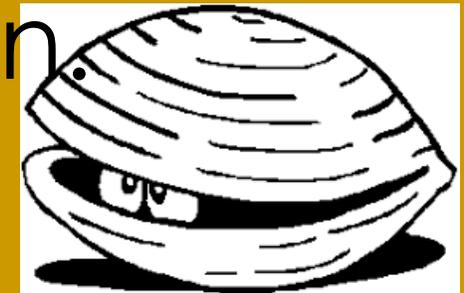
- So that the other person is built up.
- And is given grace

# 4 Rules of Communication

Rule #1 – Speak the truth in love (Eph. 4:15, 25)

❖ **Speak** - we must speak because people cannot read our minds.

“Clamming up” is not an option.



Evading and avoiding when we should be speaking is dishonoring to God.

## ❖ *Speak the TRUTH*

Honesty is more than just not lying. We can be dishonest by:

- ***Deceit*** – purposely making things look differently in order to look better, get your way, etc.
- ***Exaggeration*** – adding to the truth, usually to make us look better than we really are. Phrases such as “always,” “never,” and “everyone” can often mean that we are exaggerating.

- ***Evasion*** – not telling the truth by avoiding, changing the subject, “blowing up”, or bursting into tears, to avoid having to deal with the real issue.
- ***Camouflage*** – disguising the real message or using innuendo; not being “up front” or “direct.”
- ***Half Truth*** – only telling half or part of what really is true.

# Speak the truth in love – “*in love*”

means:

- Be careful what you say.
- Be careful how you say it.
- Be careful how much you say.
- Be careful when and where you say it.
- Be careful why you are saying it.

Rule #2 – Reconcile conflicts quickly  
(Eph. 4:26-27).

❖ “When you’re angry, don’t sin further by not reconciling.

Repent of your anger and reconcile before the sun goes down”

❖ Failure in attempting to solve each day's problems quickly is sin.

Don't carry them over into tomorrow (Matt. 6:34).



## Failure to solve problems quickly:

- Opens the way to resentment, hatred, bitterness.
- Distorts subsequent problems.
- Endangers the sexual relationship.
- Sets the stage for spiritual discouragement.

## ❖ Questions to ask before bringing up an issue:

- Do I have all the facts right? (Prov. 18:13, 15)
- What is my motive for bringing it up? (Prov. 27:6, Matt. 12:34b)
- Have I dealt with my own logs (sins) first? (Matt. 7:1-5)
- Is this something that my love should cover? (has it already been dealt with?) (1 Peter 4:8)

- Are my words loving? (rehearsing can be helpful). (Eph. 4:15, Prov. 15:1)
- Is my timing right? (Prov. 15:23b, 25:11)
- Have I prayed and asked God for wisdom and understanding? (Prov. 3:5, Phil. 4:6-7, 1 Thes. 5:17)

Note the sobering warning! (Eph. 4:27)

Rule #3 – Speak to build up, not to tear down. (Eph. 4:29-30)

- ❖ “unwholesome words” – putrid, rotting, destructive.
- ❖ “edification” – words that build up and help.

## ❖ Put off wrong goals:

- Make sure I'm heard
- Get my way
- Win the argument
- Hurt the other person
- Make myself look good
- Manipulate

- ❖ What is the goal of biblical communication?
  - To build up the other person
  - To give them grace
- ❖ Make sure your words are timely and appropriate to the need.
- ❖ Be solution oriented; Attack the problem, not the person.
- ❖ Don't grieve the Holy Spirit! (v. 30)

Rule #4 Respond biblically, don't react sinfully. (Eph. 4:31-32)

- ❖ Man's anger does not achieve the righteousness of God. (James 1:20)
- ❖ Anger in all its forms must be put off.

# Learn to unmask anger for what it is:

- Miss Hurt- upset, offended, bothered, annoyed.
- Mr. Irritated- resentful, irate, enraged, got up on the wrong side of the bed.
- Mrs. Disturbed- frustrated, disappointed, ticked off, displeased.

## ❖ Anger can be:

- Bitterness- (to revenge).
- Wrath- (a flaring outburst).
- Anger- (settled indignation, slow burn, hostility).

- Clamor- (harsh contention, loud quarreling or yelling).
- Slander- (speech that injures).
- Malice- (desire to harm someone else, evil intent).

## ❖ Replace anger with:

- Kindness-(courteous, useful, benevolent, “wanting to help”).
- Tender-heartedness-(compassionate, having a “good heart”).
- Forgiving- (give up right to hold a grudge or stay upset).
- Let God’s forgiveness be both the motivation and model for your forgiveness of others.

# Part 2

# Conflict

# Resolution



# A Biblical Perspective on Conflicts

## 1. Understand disagreements:

- ❖ Disagreements should be expected.
  - The flesh is weak (Rom. 6:19)
  - We struggle with sin, even as believers (Rom. 7:15-20)

- ❖ Disagreements do not need to turn into conflicts.
  - Mature Christians can have a right attitude. God can help to reveal wrong attitudes (Phil. 3:15).

❖ The difference between a disagreement and a conflict is that a conflict involves a sinful desire, attitude, or response to a disagreement.

This often manifests itself in various emotions which reveal a sinful heart-attitude.

❖ No disagreement, no matter how important, is worth sinning over.

Pride and selfishness are often at the root of the problem.

## ❖ Disagreements can be beneficial

- The word of God spreads. (Acts 6:1-7)
- God works all things for good. (Rom. 8:28)
- Produces endurance and maturity. (James 1:2-5)
- We are sharpened by others. (Prov. 27:17)

- Others:
  - They help us be aware of our own sinfulness.
  - They cause us to search the Scriptures. (Is. 8:19-20, Prov. 18:1-2)
  - They stimulate us to turn to God in prayer.
  - They help us think carefully about our view.

- Others:

- They help us learn to communicate more effectively.
- They give an opportunity to practice real servanthood.
- They present an opportunity to glorify God by our righteous response.
- If a disagreement does turn into a conflict, it can be resolved.

## 2. Understand how disagreements turn into conflicts.

- ❖ Conflicts often develop out of the soil of differences, (background, personal tendencies, different male/female views, perspectives, convictions, likes, dislikes, etc.)

- ❖ Conflicts develop because we respond sinfully to these differences; the differences aren't the real problem, our wrong response is.
- We mistreat and abuse others because we are more concerned about satisfying our own passions than we are in worshipping God.

(Rom. 1:21-32)

- We have fleshly, sinful desires. (Gal. 5:19-21)
- We want something. We think we should have it. We think we deserve it. We must have it. We have a right to it. (James 3:14-4:3)
- We have other “idols” in our heart which take the place of God. (Ezek. 14:1-9)

❖ Conflicts can develop when one person is committed to righteousness, (ie, honoring God by responding the right way), and the other person is opposed.



3. Be committed to the practical Lordship of Jesus Christ.

❖ The goal is to honor and please Christ. (2 Cor. 5:9)

❖ The means is by obeying what His Word says.

This brings:

- A common standard by which to evaluate conflicts.
- A common goal in conflicts.
- A common means to solve conflicts.
- A common ability to resolve conflicts through the Holy Spirit.

## A. A Biblical Perspective on Conflicts

4. Develop certain peacemaking qualities (Rom. 12:18, Eph. 4:1-3)
  - a. Avoid and eliminate things that foster disharmony (don't be picky, don't be hard to live with).
  - b. Work hard at doing the things that facilitate unity (be precise in skills, but easy to please in preferences).

# A Biblical Procedure for Resolving Conflicts

1. Glorify God (1 Cor. 10:31, 2 Cor. 5:9)
2. Deal with your own sins first. (Matt. 7:1-5)

❖ Identify and repent of your “logs”

This brings:

- Clarity
- Ability
- Humility

### 3. Repent and seek forgiveness (Luke 17:3-4)

#### ❖ Rebuke

- A gentle and gracious confrontation of sin which is motivated by love and has reconciliation as its goal.
- Confrontation of sin through a rebuke is necessary because believers don't always recognize when they have sinned.
- Confrontation is commanded.

## ❖ How and how not to confront: (Matthew 18:15-18)

### Confront:

- As a fellow brother.
- Out of love for God and the person.
- With the glory of God in view.
- With the goal of restoration, not punishment.

## Do not confront:

- In anger
- With a prideful heart
- In a rude manner, but gentle and gracious.
- Over preference issues or issues that aren't sin.

❖ Questions to ask yourself before you confront:

- Is the issue clearly sin?
- Is my own heart right?
- Have I asked God for wisdom & help?
- Have I thought through the right words and the right timing?

## B. A Biblical Procedure for Resolving Conflicts

### b. Confess & repent of sin (Ken Sande, *The Peacemaker*)

- Address all involved (including God! – Ps. 51:4)
- Avoid making excuses
- Admit specifically
- Acknowledge the hurt

## B. A Biblical Procedure for Resolving Conflicts

- Accept the consequences
- Alter your behavior
- Ask for forgiveness

Grant forgiveness-

Is forgiveness conditional or unconditional?

	<b>Heart (Attitude) Forgiveness</b>	<b>Transaction of Forgiveness</b>
<b>Explanation</b>	Deals with my attitude and heart response	Deals with restoration of fellowship
<b>Verses</b>	Mark 11:25, Matt. 6:14	Luke 17:3-4, Matt. 18:15-17
<b>Nature</b>	Unilateral & Unconditional	Conditional upon repentance

	<b>Heart (Attitude) Forgiveness</b>	<b>Transaction of Forgiveness</b>
<b>Focus</b>	Release	Reconciliation
<b>Relationship</b>	Me & God	Me & the other person
<b>Context</b>	Prayer	Relationship with other person

❖ Luke 17:3-4 deals with the transaction of forgiveness.

Forgiveness is “a pardon and a promise regarding sin committed.”

❖ Forgiveness is a four-fold promise:

- I will not dwell on this incident.
- I will not bring up this incident again and use it against you.
- I will not speak with others about this incident.
- I will not allow this incident to stand between us or hinder our personal relationship.

## 4. Deal with the precipitating issue:

- ❖ Pray
- ❖ State the problem
- ❖ Decide what things can be agreed upon.

❖ Identify the type of issue and the appropriate response:

- Is it a difference or preference? – tolerate and prefer one another.  
(Phil. 2:3-4)
- Is it a sin? – rebuke, repent, and reconcile.
- Not sure? – commit to study Scripture together and solicit godly counsel if necessary.