



## 4 Rules of Communication from Ephesians 4:25-32

*25 Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. 26 Be angry and do not sin; do not let the sun go down on your anger, 27 and give no opportunity to the devil. 28 Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. 29 Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*

1) \_\_\_\_\_ - Don't lie and do speak the truth. (in kind, Christlike ways)

Eph. 4:25 "Therefore, laying aside falsehood, **SPEAK TRUTH EACH ONE OF YOU WITH HIS NEIGHBOR**, for we are members of one another."

2) \_\_\_\_\_ - (We are going to deal with today's issues, not yesterdays.)

Eph. 4:26-27 "**BE ANGRY, AND YET DO NOT SIN**; do not let the sun go down on your anger, and do not give the devil an opportunity."

3) **Attack** \_\_\_\_\_, **not** \_\_\_\_\_ - (We aren't looking to assign blame, but just to address issues so that we can grow and make progress.)

Eph. 4:29-30 "Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

4) \_\_\_\_\_, **Don't** \_\_\_\_\_.- Make intentional steps to address issues as they arise. Don't let things stew until you blow up about them.

Eph. 4:31-32 "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."