



LEARN TO SOLVE PROBLEMS IN A WAY THAT HONORS GOD

### Four Rules of Communication

COMIC

① ONE OF THE BIGGEST PROBLEMS IN MARRIAGE.

Ephesians 4:25-32

Good relationships are not built because of an absence of problems. Nobody is immune from

problems. All are sinners and that is all it takes to set the stage for conflict! ROM. 3:23

Take heart! Solid and lasting relationships can be built by those who know Christ as Savior and

who learn to deal with problems biblically. GOOD MARRIAGES ARE BUILT ON CONFIDENCE.

In Ephesians 4:22-24, Paul talks about "How to grow and change" by replacing "old self"

thoughts and actions with biblical thoughts and habits which is God's way of handling conflicts.

He illustrates this in the following verses (vs. 25 - 32), and in these examples of "put off" - "put on," he gives four very effective "Rules of Communication." They are good for preventing and solving problems.

#### I. Be HONEST (v. 25).

COMIC

(SPEAKING THE TRUTH - PERFECT COMMUNIC)

A. Not just put off LYING, but speak the TRUTH.

1. Greek imperative: A COMMAND. "You speak!"

2. People cannot read our MIND.

I Cor. 2:11 "For who among men knows the thought of a man . . .?"

3. Honesty is more than not LYING.

"ONE THING I AM IS HONEST"  
1. NOT TELLING OTHERS WHAT THEY WANT TO HEAR  
2. W/ SELF?  
3. W/ GOD

GEN. 3 - LYING AS A RESULT OF THE FALL

COL. 3:9

B. Speak the TRUTH.

1. Problems cannot be solved unless they are expressed.

Note: How to speak the truth will be dealt with in Rule III (Eph. 4:15, 29) and in discussion of the "Six Questions."

ANY EXIST AND NOT GET ALONG  
EPHESIANS 4:22-24  
1-3 - DOCTRINE  
4-6 - APPLICATION  
BIBLICAL CHANGE ->  
CANNOT GROW IN "PUTTING" WITHOUT SOLVING PROBLEMS  
"BIBLICALLY COMMUNICATING"

## C. Dishonesty is out!

Examples of dishonesty:

1. Outright deceit.
2. Conflict between body language and tones and the content of what we say.
3. Disguising the message; innuendos. (BACK DOOR MESSAGES)

## II. Keep CURRENT (vv. 26,27). REVIEW RULES! COM 12

A. Get angry, but don't SIN.

"... Do not ever let your wrath--your exasperation, your fury or indignation--last until the sun goes down. Leave no [such] room or foothold for the devil--give no opportunity to him." (Amplified Version).

1. Lying (v. 25) is sin; ANGER (v. 26) may not be. ANGER IS ENERGY TO SOLVE IT.
2. Anger is ENERGY to be used to solve problems.
3. Anger is sinful when it is used to attack OTHERS (Prov. 25:28) or SELF (stewing about the problem) (Eph. 4:26, 27).
4. Failure to solve problems daily means we are giving place, or a foothold, to SATAN.
  - Opening the way to disappointment, resentment, bitterness, and hatred  
CLAMMING UP ALLOWS THE PROBLEMS TO BLOW . - MT. ST. HELENS
  - Distorting subsequent problems  
OFTEN THIS AFFECTS THE SEXUAL RELATIONSHIPS IN A MARRIAGE .

B. Stop CLAMMING UP.

1. Cutting off communication by:
  - crying - TEARS
  - threatening an explosion - volcanic eruption
  - bottom lining: "All I have to say is . . ." END OF CONVERSATION

LAUGH  
CHANGE SUBJECT  
COLD SHOULDER

2. Deal with problems QUICKLY.

Mt. 6:34 - Tomorrow will have problems of its own.



- LIKE CARRYING A BAG OF PROBLEMS ON YOUR BACK UNTILL IT BREAKS.

C. Six questions to ask before bringing up a sticky problem: I PETER 4:8

PROVERBS 10:12

1. Do I have the FACTS right?  
QUESTION  
Prov. 18:13

"LOVE COVERS A MULTITUDE OF SINS"  
HOW DO YOU KNOW THE TIME WHEN LOVE COVERS A MULTITUDE OF SINS?

- WHEN THE FOCUS IS ON THE MISTAKE, YOU'VE CHOSEN TO SAY NOTHING.

- REMEMBERING THE MISTAKE AND FEELING THE NEED TO GET REVENGE.

2. Should LOVE hide it? Is it sinful? Is it hindering growth?  
I Pet. 4:8

\* WHEN SEEING THE OFFENSE AND LOOK FOR AN OPPORTUNITY TO BECOME LOVING.

- WHEN SEEING THE OFFENSE AND NOT IT AS AN OPPORTUNITY TO GET TO THE PROBLEM.

3. Is my TIMING right?  
Prov. 15:23b

4. Is my ATTITUDE right? Am I trying to help the OTHER person?  
Eph. 4:15

5. Are my WORDS loving?  
Eph. 4:15

6. Have I ASKED for God's help? \* MUST BE IN ALL THE OTHER STEPS  
Prov. 3:5b

"PUT OFF THE OLD" + "MUST BECOME NEW"

WHEN IS A DOOR NOT A DOOR, WHEN IT IS A BAR

WHEN IS A SEAGUL NOT A SEAGUL, WHEN IT FLIES OVER THE BAY, THEN IT IS A BIRD

III. Attack PROBLEMS, not PEOPLE (vs. 29, 30; Eph. 4:15), CU

\* NEVER USE ALWAYS + NEVER BECAUSE THEY ARE 100% WORDS.

A. Avoid "unwholesome words" ("corrupt communication" - KJV): LOSE REVENGE WANT  
YOU'VE CHOSEN TO SAY NOTHING. YOU CAN'T DO ANYTHING.

1. Words that attack a person's CHARACTER Matt. 5:21,22; Name calling.

2. TARS down, RIPS apart or HINDERS growth. James 3:5-12  
PROV. 3:13

3. Clouds or by-passes the ISSUE.

4. GRIEVES the Holy Spirit. Eph. 4:30, 5:18



B. Use "edifying" communication <sup>THAT</sup> ENCOURAGES or builds up (4:15, 29).

- 1. Two ways we must speak the truth in 4:15 are IN LOVE and BRING GROWTH.
- 2. Words that EDIFY, gives "grace" (the desire/ability to do God's will) to those who hear.
- 3. Words that zeros in on the CONFLICT - are solution oriented - SPECIFIC STEPS TO SOLVE PROBLEM.

Note: This rule can also be violated by tones and body language.

FOCUS ON PERSONAL PROBS.

REVIEW  
ROLES  
CONFC.

- NOT ON THE PERSON BUT BIBLICAL WORDS AND ACTION

IV. Act, don't REACT (vv. 31,32).

A. Reactions (v. 31)--attitudes and actions that must be "put off."

1. Definitions:

- a. **Bitterness:** the refusal to treat someone as if they never hurt you.
- b. **Wrath:** flaring outbursts of anger.
- c. **Anger:** settled indignation or hostility that frequently seeks revenge; the "slow burn."
- d. **Clamor:** harsh contention and strife, public quarreling, brawling.
- e. **Slander:** speech that injures, abusive speech.
- f. **Malice:** desire to harm others or see them suffer.

THESE HABITUALLY OCCUR ADVERSELY

2. The natural tendency of our Genesis 3 nature is to be DEFENSIVE about dealing with our own sins. STANDARD OPERATING PROCEDURE THAT COMES W/ SIN.

Eph. 4:31; Gen. 3:8-13

B. Actions (v. 32)--attitudes and actions you must "put on" to replace the reactions:

1. Definitions:

- a. **Kind:** benevolent, helpful, courteous.
- b. **Tenderhearted:** lit. "of good heartedness," compassionate, sympathetic.
- c. **Forgiving:** to give up your right or claim to revenge, hold a grudge or get even.

2. You, through God's Spirit, must LEARN to be kind, tenderhearted, and forgiving.



c. CONFLICTS are possible only if each person reacts.

IT TAKES TWO  
TO TANGO.

IT TAKE TWO TO

## Conclusion

1. Note: Changing habits is not EASY, but can be done. + MUST BE DONE.

a. I Cor. 10:13; Phil. 4:13

b. It is much easier than the "way of the transgressor" (Prov. 13:15b).

2. No matter how irresponsible the other person is, you must act biblically!

- You can't CONTROL the other person, but you can CONTROL how you respond.



# Four Rules of Communication

## Ephesians 4:25-32

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Take heart! Solid and lasting relationships can be built by those who know Christ as Savior and who learn to deal with problems biblically.

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Note: How to speak the truth will be dealt with in Rule III (Eph. 4:15, 29) and in discussion of the "Six Questions."

C. Dishonesty is out!

Examples of dishonesty:

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4. Failure to solve problems daily means we are giving place, or a foothold, to \_\_\_\_\_.

- Opening the way to disappointment, resentment, bitterness, and hatred
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B. Stop \_\_\_\_\_.

1. Cutting off communication by:
  - crying
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  - bottom lining: "All I have to say is . . ."

2. Deal with problems \_\_\_\_\_.

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C. Six questions to ask before bringing up a sticky problem:

1. Do I have the \_\_\_\_\_ right?  
Prov. 18:13
2. Should \_\_\_\_\_ hide it? Is it sinful? Is it hindering growth?  
I Pet. 4:8
3. Is my \_\_\_\_\_ right?  
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4. Is my \_\_\_\_\_ right? Am I trying to help the \_\_\_\_\_ person?  
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5. Are my \_\_\_\_\_ loving?  
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6. Have I \_\_\_\_\_ for God's help?  
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**III. Attack \_\_\_\_\_, not \_\_\_\_\_ (vs. 29, 30; Eph. 4:15).**

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