

## Communication Worksheet 3

Dr. David Shaw

Use Bible Study Basics form to guide you in your study.

- Proverbs 29:19
- Proverbs 21:23
- James 3:1-12
- Proverbs 26:20
- Proverbs 13:3
- Proverbs 13:20
- Proverbs 27:6

How would you define “speaking redemptively”? Since words have such power to destroy, what can you do to protect those whom you love from ever being hurt by you? Consider the following “Communications Guidelines Contract.”

- Be a ready listener and do not answer until the other person has finished speaking. (Proverbs 18:13 and James 1:19)
- Be slow to speak. Think first. (Proverbs 15:23,28; 29:20)
- Do not go to bed angry. Speak the truth, but do it in love. (Ephesians 4:15,25 and Colossians 4:6)
- Do not use silence to frustrate the other person. Explain why you are hesitant to talk at that time (Proverbs 10:19; 15:28; 16:21,23; 18:2; 20:15)
- Do not quarrel. It is possible to disagree without quarreling. (Proverbs 17:14; 20:3; Romans 13:13 and Ephesians 4:31)
- Do not respond in uncontrolled anger. Use a soft and kind response and tone of voice (Proverbs 14:29; 15:1; 25:15; 29:11 and Ephesians 4:26,31)
- When you are in the wrong, admit it and ask for forgiveness and change. (Proverbs 12:15; 16:2; 20:16; 21:2 and Matthew 5:23-23 and Luke 17:3)
- When someone confesses to you, tell him you forgive him. Be sure it is forgiven and not brought up to the person, others or to yourself again. (Proverbs 17:9; Ephesians 4:32; Colossians 3:13; 1 Peter 4:8)
- Avoid Nagging (Proverbs 10:19; 16:21,23; 17:9; 18:6-7)
- Avoid blaming or criticizing the other person. Instead, restore, encourage and edify. (Romans 14:13; Galatians 6:1; 1 Thessalonians 5:11)
- If someone verbally attacks, criticizes or blames you, respond in kindness. (Romans 12:17-21; 1 Peter 2:23; 3:9)
- Try to understand the other person’s opinion. Make allowances for differences. Be concerned about the other person’s interests. (Ephesians 4:2; Philippians 2:4; 3:15-16)

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