

Grace Filled Communication

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; - **James 1:19**

The Power of the Tongue

A few careless words spoken in anger can destroy years of built trust in a marriage, a family, or a friendship. The Bible does not minimize the impact of our words—it reminds us that our speech carries the power to tear down or build up.

"Death and life are in the power of the tongue, and those who love it will eat its fruit." — Proverbs 18:21 (NKJV)

"Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers." — Ephesians 4:29 (NKJV)

COMMON COMMUNICATION TRAPS TO AVOID

- The Heat-of-the-Moment Reaction: Responding instantly out of anger before processing the facts.
- Defensive Interruption: Formulating your comeback while the other person is still speaking rather than truly listening.
- Global Generalizations: Using exaggerated labels like "You always..." or "You never..." during disagreements.
- Unhelpful Gossip: Venting about a problem to someone who is not part of the solution instead of addressing it directly with love.

The 4 Rules for Grace-Filled Conversations

When tension rises, apply these four biblical principles to guide your speech and protect your relationships:

1. **BE SWIFT TO HEAR** (James 1:19) Focus on listening to understand, not listening to win. Give the other person your full attention without cutting them off.
2. **SPEAK TRUTH IN LOVE** (Ephesians 4:15) Honesty without love is harshness; love without honesty is compromise. Strive to address issues clearly while holding onto kindness and respect.
3. **ATTACK THE PROBLEM, NOT THE PERSON** Keep hard conversations focused on finding a resolution. Avoid personal insults, character attacks, or dredging up past mistakes that have already been forgiven.
4. **USE THE "PAUSE RULE" BEFORE YOU RESPOND** Before speaking during a disagreement, pause for three seconds and ask yourself three quick questions:
 - Is it true? • Is it necessary? • Is it spoken in love?

Memory Verses for Daily Practice

[Proverbs 15:1 (NKJV)] "A soft answer turns away wrath, but a harsh word stirs up anger."

[James 1:19 (NKJV)] "So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath."

[Colossians 4:6 (NKJV)] "Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one."

WE WOULD LOVE TO WALK WITH YOU! ‘

Join us at Bethany Church of Christ as we study God's Word together.

- Sunday Bible Class: 9:00 AM
- Sunday Morning Worship: 10:00 AM
- Wednesday Evening Bible Study: 7:00 PM

www.bethanycofc.org



Have Questions or Need Prayer? Connect with us on Facebook or send us a message!

