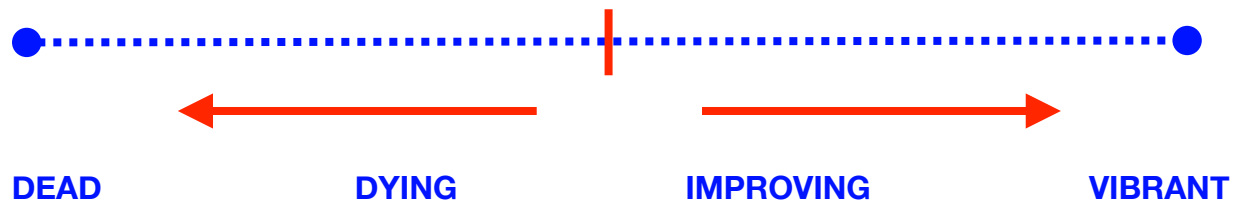


#6 "Talking It Out" - Part 2

1. The _____ of our communication determine the _____ of our relationships.



Proverbs 18:21 (NCV) What you say can mean life or death. Those who speak with care will be rewarded.

What kind of communication kills relationships?

- Cold.
- Disrespectful and contemptuous.
- Contentious.
- Blaming and shaming.
- Criticism, condescension, and judgment.
- Demanding.
- Mind-reading.
- Defensive.

Proverbs 15:1 (NIV) A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:4 (NIV) The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.

Proverbs 10:21 (NIV) The lips of the righteous nourish many, but fools die for lack of sense.

Proverbs 12:18 (NIV) The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Ephesians 4:29 (NIV) Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

2. Improving relationships requires improved _____.

Proverbs 4:7-9 (NLT) Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment. If you prize wisdom, she will make you great. Embrace her, and she will honor you. She will place a lovely wreath on your head; she will present you with a beautiful crown.

● _____.

Proverbs 29:22 (NLT) An angry person starts fights; a hot-tempered person commits all kinds of sin.

● _____.

● _____.

Proverbs 12:16 (MSG) Fools have short fuses and explode all too quickly; the prudent quietly shrug off insults.

Proverbs 16:32 (NLT) Better to be patient than powerful; better to have self-control than to conquer a city.

Proverbs 25:28 (CEV) Losing self-control leaves you as helpless as a city without a wall.