

“I Do Again”: Practicalities in Communicating the Truth In Love

Bishop B.A. and Dr. Charisse Gibert

January 12, 2012

Introduction

I Timothy 4:1-6 (amplified)

BUT THE [Holy] Spirit distinctly and expressly declares that in latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach, ²Through the hypocrisy and pretensions of liars whose consciences are seared (cauterized), ³Who forbid people to marry and [teach them] to abstain from [certain kinds of] foods which God created to be received with thanksgiving by those who believe and have [an increasingly clear] knowledge of the truth.

⁴ For everything God has created is good, and nothing is to be thrown away or refused if it is received with thanksgiving. ⁵For it is hallowed and consecrated by the Word of God and by prayer. ⁶If you lay all these instructions before the brethren, you will be a worthy steward and a good minister of Christ Jesus, ever nourishing your own self on the truths of the faith and of the good [Christian] instruction which you have closely followed.

Quick Points

- (1) Marriage is created for believers that know the truth
- (2) You need a relationship with God an ever increasing knowledge of truth
- (3) It is enhanced by the word of God – prayer and thanksgiving
- (4) It can be good (all that God wanted it to be)

Communication: “Speaking the Truth in Love”

Eph 4:15 MKJV

- (15) But that you, speaking the truth in love, may in all things grow up to Him who is the Head, even Christ;

Eph 4:29-32 KJV

- (29) Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.
- (30) And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.
- (31) Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:
- (32) And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

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The Who, What, When, Where, How, & Why of Marital Communication

Who Are You Communicating With?

Statements:

- Men and Women have different communication patterns
 - Men should remember that they aren't communicating with men
 - Men summarize, consolidate, bullet point, give briefs
 - Women should remember that they aren't communicating with women
 - Women explain, story tell, provide details, background, and history
- Adjustments should be made for more effective communication

Scripture:

1 Peter 3:7

Likewise, ye **husbands, dwell** with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

1 Peter 3:7 The Message (MSG)

The same goes for you husbands: Be good husbands to your wives. Honor them, delight in them. As women they lack some of your advantages. But in the new life of God's grace, you're equals. Treat your wives, then, as equals so your prayers don't run aground.

Actions to Adopt:

1. Acknowledge the fact that you are talking to your spouse
2. Give honor in the conversation to your spouse
3. Listen
 - Take Notes (if necessary) for the sake of summarizing for understanding
 - Either you are listening or not – don't let it be ambiguous

What Are You Communicating About?

Statements:

- When communication has been a problem, you must focus your conversation
- There are many types of communication patterns, but today we will focus on intense communication

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If you have intense communication – lots of peaks and passion you need to develop skills that will help you really communicate:

Intense Communication Skills

- Be focused not frivolous – Eph 4:29
- Forgiving not Forsaking – Eph 4:32
- Understanding not usurping – Ps 141:3

Scriptures:

[Ephesians 4:29](#)

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may **minister grace** unto the hearers.

[Ephesians 4:32](#)

And be ye kind one to another, tenderhearted, **forgiving** one another, even as God for Christ's sake hath forgiven you.

[1 Peter 4:10](#)

As every man hath received the gift, even so **minister** the same one to another, as good stewards of the manifold **grace** of God.

[Colossians 3:13](#)

Forbearing one another, and **forgiving** one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

[Proverbs 15:28](#)

The heart of the **righteous** studieth to **answer**: but the mouth of the wicked poureth out evil things.

[Proverbs 16:24](#)

Pleasant words are as an honeycomb, sweet to the soul, and health to the **bones**.

[Psalm 141:3](#)

Set a watch, O LORD, before my mouth; keep the door of my lips.

Actions to Adopt:

- Prepare a brief agenda for your conversation

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- Agree to discuss a certain number of topics – max. 2-3?
- Each presenter should listen and hear the heart of the other
- Choose to be pleasant -

When Will You Communicate?

Statements:

- You must agree on timing of the communication
- You must consider others in this process – not just your wants and desires
- You must objectively determine what will work best -

Scripture

[Ecclesiastes 3:1](#)

[**A Time for Everything**] There is an **appointed time** for everything. And there is a **time** for every event under heaven—

Actions to Adopt:

- Determine Proper Timing
 - Kids home/ not home
 - Evening/morning

Where Will You Communicate?

Statements:

- You must discuss the best location of your communication
- Some may choose to converse/communicate hot items at home, others may choose a neutral location
- It is best to choose a neutral location in the house to communicate
- The setting is very important

Scripture:

[Proverbs 25:11](#)

A **word** fitly **spoken** is like apples of gold in pictures of silver.

Actions to Adopt:

1. Determine your meeting location together
 - Home
 - Work
2. Agree on a neutral location - somewhere that is not dominated by either of you
3. Protect your intimate space

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- a. Don't have intense discussion in your bedroom
- b. Don't have intense discussion in your family room if it is a place of peace etc

How Will You Communicate?

Statements:

- You must plan your communication, when you are going through tough times
- Much of the misunderstanding takes place when one spouse is trying to “read” the other one's intentions, motives, etc. – God weighs the heart
- You must watch your non-verbal communication, which often speaks louder than words
- Don't just run your mouth – saying whatever comes to your mind – Prov 10:19

Scriptures:

[Proverbs 21:2](#)

Every man's way is right in his own eyes, But the LORD **weighs** the **hearts**.

[Proverbs 24:12](#)

If you say, “See, we did not know this,” Does He not consider it who **weighs** the **hearts**? And does He not know it who keeps your soul? And will He not render to man according to his work?

[Isaiah 33:18](#)

Your **heart** will meditate on terror: “Where is he who counts? Where is he who **weighs**? Where is he who counts the towers?”

[Proverbs 10:19](#)

When there are many **words**, transgression is unavoidable, But he who restrains his lips is wise.

[Proverbs 17:27](#)

He who restrains his **words** has knowledge, And he who has a cool spirit is a man of understanding.

[James 1:19](#)

This you know, my beloved brethren. But everyone must be quick to hear, **slow** to **speak** and **slow** to anger;

Actions to Adopt:

1. Communicate in an un-offensive way
2. Communicate without pre-conceived notions – but for understanding
3. Communicate with passion, but void of a punishing mentality
4. Keep your cool (spirit) (calm, peace- not biting and full of frustration)

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5. Be slow to speak

Effective Communication Methods

- Sit down – no one towering over the other
- Hands in pockets – limit hand waving if its an issue
- Face your spouse – lets respect each other with eye contact

Why Are You Communicating?

Statements:

- You are not communicating with your spouse just for you – you are communicating for the sake of strengthening your relationship – more unified
- Good communication is necessary for agreement and the will of God manifesting in the marriage

Scriptures:

Matthew 19:6

So they are no longer **two**, but one flesh. What therefore God has joined **together**, let no man separate.”

Matthew 18:19

“Again I say to you, that if **two** of you **agree** on earth about anything that they may ask, it shall be done for them by My Father who is in heaven.

Amos 3:3 Amplified Bible (AMP)

Do two walk together except they make an appointment and have agreed?

“Even God says we need appointments”

Actions to Adopt:

1. Understand the purpose for sitting down, meeting, understanding and agreeing
2. Forsake the negative viewpoint about a “family meeting” or “marital meeting” – it’s a good thing – not a bad one
3. Good communication is purposeful , practiced, patterned and powerful

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