

# BUILDING GREAT RELATIONSHIPS!

## Doing Constructive Communication

Various Scriptures

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February 22, 2015

### Bottom Line:

Christ-like communication is key to growing healthy relationships. God's Word gives us clear guidelines when it comes to the way we communicate with one another.

*Great Strategies to Reflect Christ in Your Communication:*

1. Practice daily, \_\_\_\_\_ uplifting heart-to-heart communication (sharing your day; "teaching" moments; plans, goals; praying together). Luke 6:45; 1 Peter 3:7; Deuteronomy 6:4-9

### Communication

**Strategy:** I will initiate sincere encouraging,

\_\_\_\_\_ communication that will express my gratitude and/or the positive attributes/actions I see in others.

### Action Plan:

1. Think of \_\_\_\_\_ ways to build up those that God has placed in your life. (Don't wait till they or you are perfect.)
2. \_\_\_\_\_ those who serve/bless you, rejecting a critical, condemning, angry spirit.
3. \_\_\_\_\_ new ways that you can bless/build up others by your words (and deeds).
4. \_\_\_\_\_ with others with an openness to have deeper, authentic Christ-centered fellowship.



2. Focus on solving the \_\_\_\_\_, not attacking the person. Galatians 5:15; Ephesians 4:31; Matthew 7:1

**Communication Strategy:** When working through issues, I will reject \_\_\_\_\_ and destructive insults while focusing on defining and solving the problem.



3. Maintain \_\_\_\_\_ - \_\_\_\_\_ in confronting issues without resorting to yelling or threats. James 1:19; Proverbs 18:13

**Communication Strategy:** I will maintain \_\_\_\_\_ communication and actions in spite of ungodly communication by others.

Avoiding "you" statements that judge (ex. "you are a fool for...") and focusing on "I" statements that communicate (ex. "I was hurt when you...").



**Conclusion:**