

The A, B, C's of Constructive Communication from Ephesians 4:25-32

Attack the Problem, Not the Person – Affirm the person while addressing the issue: no hurling insults or hurtful words. Remember, not all offenses are sin issues. If sin is the problem, use Biblical terms to name the sin.

Be Honest – Don't use inflammatory words like "always" and "never." No person apart from Jesus is that consistent; therefore, those terms are not honest. Don't tell lies or partial truth but speaking the truth in love.

Keep Current – Don't ignore your frustration. Work it out sooner, when things are clear rather than later, when things get fuzzy. Don't let the sun go down on your wrath.

Don't React, Act – Listen and consider calmly without counterattack. Ask what not why (why sounds accusatory) questions to understand better.

ForgivE – Choose not to dwell on it. Don't bring it up again. And refuse to use it against the person.

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