

# COMMUNICATING IN LOVE

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To communicate is to impart (knowledge) or exchange (thoughts, feelings, or ideas) by speech, writing, gestures etc. To communicate is to transmit something to a thing or another person. To communicate is to pass something to another person e.g. news, diseases. In communicating, we have communion. And communion is the sharing of the thoughts and feelings.

We are going to concentrate on communicating by speech in this study.

The scripture teaches us that our communication should be based on who we are in Christ striving in our communication to please the Lord and maintain peace. In doing this we are to be completely humble and gentle, be patient, bearing with one another in love.

*Eph 4:1-3*

*4:1 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace.*

NIV

*Eph 4:25*

*25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.*

NIV

*Eph 4:29-32*

*29 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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you*

NIV

*Col 4:6*

*6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.*

NIV

## ANALYSIS

1. Communication must be done in the spirit of love.
2. The words of your mouth must be full of grace.

- GRACE is exceptional kindness.
- GRACE is unmerited mercy.
- Communicating words that are full of grace means speaking words of love, kindness, overlooking offences with forbearance and forgiveness in the heart. It means, you do not speak to your spouse as he or she deserves, but you speak words that are inspired by mercy and grace.

For marriage to be sweet and interesting, it is important that each individual involved should develop the habit of communicating in love with one another. The words of your mouth will be full of grace-communicating exceptional kindness, unmerited mercy, with a heart filled with forbearance and forgiveness - communicate love and not anger and bitterness.

The word of your mouth must be seasoned with salt.

- SALT seasons soup and food.
- SALT preserves from decay and destruction.

To communicate words that are seasoned with salt means, to speak words that will season and preserve relationship no matter what has been or is wrong.

Always, deliberately, carefully and skillfully speak words to your spouse that will season, heal, and preserve your relationship no matter the offence committed against you.

Many relationships have been destroyed through the wrong use of the tongue. It is easier to destroy than to build. It is therefore my desire to educate you on the power of your tongue to enable you use it effectively in communicating what will keep, heal, build, season and strengthen your marriage.

### **WHAT YOU MUST KNOW ABOUT THE WORDS OF YOUR MOUTH.**

#### **1. You will always harvest what you say.**

*Prov 18:20*

*20 From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied.*

*NIV*

What you say always comes back to you one way or the other. It is just a matter of time. If you understand this, you will be careful about what you say.

#### **2. There is power of life and death in the tongue.**

*Prov 18:21*

*21 The tongue has the power of life and death, and those who love it will eat its fruit.*

*NIV*

You can kill your marriage with your tongue, and you can renew it daily with your tongue. The words of your partner can kill your love for him or her. In the same manner, your words can kill your spouse's love for you. Be careful!

**3. Don't just say anything; watch what you say.**

Always say what will edify (build up) your partner.

*Ps 34:13*

*13 keep your tongue from evil and your lips from speaking lies.*

*NIV*

**4. If you love life and want to see good days in your marriage, always speak what you want to see, and pursue it.**

Your words provoke a response or reaction from your spouse. Your spouse will always react or respond based on what is spoken and his or her mental disposition at that time. In this way we create our own experiences. Each time you speak, always remember that your spouse will respond or react to what you say. Choose carefully what you say and how you say it no matter how you feel inside about things.

*1 Peter 3:10-12*

*10 For, "Whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech. 11 He must turn from evil and do good; he must seek peace and pursue it. 12 For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil."*

*NIV*

**5. Words pierce like spears, arrows and swords.**

*Ps 57:4*

*4 I am in the midst of lions; I lie among ravenous beasts--men whose teeth are spears and arrows, whose tongues are sharp swords.*

*NIV*

*Prov 12:18*

*18 Reckless words pierce like a sword, but the tongue of the wise brings healing.*

*NIV*

Don't speak carelessly for words are dangerous. Words provoke reactions. The wounds of words are not easy to heal. Be careful!

**6. Don't give false witness, for it injures and destroys.**

*Prov 12:17*

*7 A truthful witness gives honest testimony, but a false witness tells lies.*

*NIV*

**7. Never you speak in anger, only fools do.**

Only a fool gives full vent to his anger. Only a fool refuses to control his temper and allow it to influence his words. Many times we give in to anger and talk any how to our mates because we want to prove that we are not fools, but, God calls such acts foolishness. Words spoken in annoyance have always produced negative results. It almost, every time fails to achieve what we set out to achieve, it breeds more trouble – it complicates marital issues.

*Prov 12:16*

*6 A fool shows his annoyance at once, but a prudent man overlooks an insult.  
NIV*

*Prov 19:11*

*11 A man's wisdom gives him patience; it is to his glory to overlook an offense.  
NIV*

*Prov 15:1*

*A gentle answer turns away wrath, but a harsh word stirs up anger.  
NIV*

*Prov 29:11*

*11 A fool gives full vent to his anger, but a wise man keeps himself under control.  
NIV*

*Eccl 7:9*

*9 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.  
NIV*

You are not to a fool but a child of God. Prove it.

**8. God hates liars, and lies breaks trust, wounds and destroys.**

When you lie, you have your way, but when you are discovered to have lied, it breaks the trust your spouse has in you. Trust broken is not easily restored. It takes time for your spouse to trust again after trust has been broken. Imagine how you will feel each time your spouse asks you after you have made a statement if it is true or a lie.

*Prov 12:22*

*22 The LORD detests lying lips, but he delights in men who are truthful.  
NIV*

*Prov 15:4*

*4 The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.  
NIV*

**9. Let your mouth spread knowledge – the knowledge of God.**

*Prov 15:2*

*2 The tongue of the wise commends knowledge, but the mouth of the fool gushes folly.*  
NIV

*Prov 31:26*

*26 She speaks with wisdom, and faithful instruction is on her tongue.*  
NIV

**10. In your speech, pursue and maintain peace.**

Each time you speak to or with your spouse, seek to make and maintain peace no matter what the issue on ground may be. Let your words be seasoned with salt and full of grace. Speak words that will season or make your marriage tastier and not bitter. Speak words that will preserve your relationship as salt preserves things. Your spouse may deserve a harsh word from you or a negative answer, let you words be full of grace (unmerited mercy).

*Prov 15:1*

*A gentle answer turns away wrath, but a harsh word stirs up anger.*  
NIV

*2 Tim 2:22*

*22 Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.*  
NIV

*Heb 12:14*

*14 Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord.*  
NIV

**11. Never repeat a matter that has been settled.**

Forgiveness is the conclusion of a matter. It is the closing of a case. Any matter that has been dealt with should be forgotten and not brought up again no matter the words or conduct of your spouse.

*Prov 17:9*

*9 He who covers over an offense promotes love, but whoever repeats the matter separates close friends.*  
NIV

**12. Do not rebuke an elderly person harshly.**

*1 Tim 5:1*

*5:1 Do not rebuke an older man harshly, but exhort him as if he were your father. Treat younger men as brothers*  
NIV

Your husband is the head of your house, don't rebuke him harshly. Don't rebuke harshly your older in-laws, especially your parent in-laws. Give honor to whom honor is due.

### TO COMMUNICATE WELL

1. Pride and selfishness has to be eliminated.

*Gal 5:13-14*

*13 You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love. 14 The entire law is summed up in a single command: "Love your neighbor as yourself."*

*NIV*

2. Anger and bitterness has to be eliminated.

*Prov 12:16*

*16 A fool shows his annoyance at once, but a prudent man overlooks an insult.*

*NIV*

3. Love, forbearance, forgiveness and understanding are required.

*1 Cor 13:1-8*

*13:1 If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. 2 If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. 3 If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. 4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres. 8 Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.*

*NIV*

*Col 3:12-15*

*12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity. 15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.*

*NIV*

*Matt 18:15*

*15 "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over."*

NIV

*Rom 13:8*

*8 Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law.*

NIV

4. Control your thoughts towards the one who wrongs you.

*Prov 27:19*

*19 For as in water face answers to face, so the mind of man reflects the man.*

RSV

*Prov 4:23*

*23 Guard your heart above all else, for it determines the course of your life.*

NLT

Your thoughts will always manifest in your life. Your life is a manifestation of your thoughts. As you think so you speak. As you think so you feel. As you think so you act. You can only control your words and actions through thought control.

5. Rely on the Holy Spirit and be filled with his power.

*John 15:5*

*5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.*

KJV

*Eph 5:18-19*

*18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.*

NIV

6. Feed on the word of God daily.

*Josh 1:8*

*8 Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

NIV

*Philem 6*

*6 That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus.*

KJV

7. Look for the right time to communicate you feelings.

*Eccl 3:1-8*

*There is a time for everything, and a season for every activity under heaven: 2 a time to be born and a time to die, a time to plant and a time to uproot, 3 a time to kill and a time to heal, a time to tear down and a time to build, 4 a time to weep and a time to laugh, a time to mourn and a time to dance, 5 a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, 6 a time to search and a time to give up, a time to keep and a time to throw away, 7 a time to tear and a time to mend, a time to be silent and a time to speak, 8 a time to love and a time to hate, a time for war and a time for peace.*

*NIV*

Wrong timing can produce a negative response from your spouse though what you are saying is correct. To get the right response, wisely look for a convenient time to communicate your mind. When you communicate, use the right words and the right tone, and you will definitely get a good response. Communication is an art that must be learnt by all. Go to work on yourself now. Learn self control and don't let negative emotions to get in the way. Let the Spirit inspire and lead you.

**Remember this:**

- For marriage to be sweet and interesting, it is important that each individual involved should develop the habit of communicating in love with one another.
- The words of your mouth will be full of grace-communicating exceptional kindness, unmerited mercy, with a heart filled with forbearance and forgiveness - communicate love and not anger and bitterness.
- Always, deliberately, carefully and skillfully speak words to your spouse that will season, heal, and preserve your relationship no matter the offence committed against you.
- You can kill your marriage with your tongue, and you can renew it daily with your tongue.
- Speak words that will season or make your marriage tastier and not bitter.
- Speak words that will preserve your relationship as salt preserves things.
- Your spouse may deserve a harsh word from you or a negative answer, let your words be full of grace (unmerited mercy).
- Always consider the feeling of your spouse when you communicate.

*Luke 6:31*

*31 Do to others as you would have them do to you.*

*NIV*