

LEARNING HOW TO COMMUNICATE

The tongue is a powerful force in man. It is so powerful that the word of God declares that there is power of life and death in the tongue.

“From the fruit of his mouth a man’s stomach is filled; with the harvest from his lips he is satisfied. The tongue has the power of life and death, and those who love it will eat its fruit.” (Proverbs 18:20-21 NIV)

Many do not realize that with their mouth they can make things better or worse. Relationships have been built and made strong through quality, effective and sweet words. Many relationships have also been destroyed through wrong words and communications. Learning how to communicate should be the concern of all singles before marriage.

MEANING OF COMMUNICATION

1. To communicate is to pass something to another person e.g. news, disease, thoughts and feelings.
2. To commune is to speak together as close friends. It is to talk intimately.
3. It is the sharing of the thoughts and feelings.

MEDIUM OF COMMUNICATION

1. THE MOUTH

This is the clearest way of communicating.

- **Life flows through the mouth to create our world and experience.** The mouth is the medium of creation – everything created has to be spoken into existence before it came into being. The things we say produce results. The things we say produce a reaction or response. There is always a feedback. It is a law, it cannot return void, it must produce result.
- **There is life and death, success and failure in the tongue.** Your tongue only communicates what you think in your mind. What you communicate through your mouth determines the liveliness of your relationship, its success or failure.
- **Wisdom and foolishness is communicated through the mouth.** It is important that you understand that wisdom builds and foolishness destroys relationship. Communicate wisely to make your relationship blossom and last a lifetime.
- **Spoken words cannot be mistaken.** Signs can be misunderstood, but not spoken words. Words are the clearest way of expressing ones thoughts and feelings. It is an expression of the heart. That is why the word of God is taken very serious. So when speaking, choose your words to be sure that you are conveying the exact thing you have in your mind.

2. SIGNS

Communication can be made through the movement of the eyes, hand, feet and other body signs that may be employed from person to person.

3. LETTER

Thoughts and feelings are usually conveyed through writing. This method is used when distance makes verbal communication difficult, or when one is unwilling to confront the communicated, or intends to document his or her thoughts.

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

THE POWER OF WORDS

1. **You will harvest what your mouth has spoken.**

“From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied.” (Proverbs 18:20 NIV)

“From the fruit of his lips a man enjoys good things, but the unfaithful have a craving for violence.” (Proverbs 13:2 NIV)

2. **Life and death are in your tongue.**

“The tongue has the power of life and death, and those who love it will eat its fruit.” (Proverbs 18:21 NIV)

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

4. **“The tongue of the wise commands knowledge, but the mouth of the fool gushes folly.”** (Proverbs 15:2)

“The lips of the wise spread knowledge; not so the hearts of fools.” (Proverbs 15:7 NIV)

“Wisdom is found on the lips of the discerning, but a rod is for the back of him who lacks judgment.” (Proverbs 10:13 NIV)

“The mouth of the righteous brings forth wisdom, but a perverse tongue will be cut out. The lips of the righteous know what is fitting, but the mouth of the wicked only what is perverse.” (Proverbs 10:31-11:1 NIV)

5. **Words can heal, crush and depress a man.**

“The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.” (Proverbs 15:4 NIV)

“Reckless words pierce like a sword, but the tongue of the wise brings healing.” (Proverbs 12:18 NIV)

6. **Words encourage and motivate.**

“An anxious heart weighs a man down, but a kind word cheers him up.” (Proverbs 12:25 NIV)

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

7. Gossip destroys and betrays confidence.

“A gossip betrays a confidence, but a trustworthy man keeps a secret.” (Proverbs 11:13 NIV)

*“A false witness will not go unpunished, and he who pours out lies will perish.”
(Proverbs 19:9 NIV)*

“A gossip betrays a confidence; so avoid a man who talks too much.” (Proverbs 20:19 NIV)

“The words of a gossip are like choice morsels; they go down to a man's inmost parts. Like a coating of glaze over earthenware are fervent lips with an evil heart. A malicious man disguises himself with his lips, but in his heart he harbors deceit. Though his speech is charming, do not believe him, for seven abominations fill his heart. His malice may be concealed by deception, but his wickedness will be exposed in the assembly. If a man digs a pit, he will fall into it; if a man rolls a stone, it will roll back on him. A lying tongue hates those it hurts, and a flattering mouth works ruin.” (Proverbs 26:22-28 NIV)

8. People can seduce through their mouth.

“The mouth of an adulteress is a deep pit; he who is under the LORD's wrath will fall into it.” (Proverbs 22:14 NIV)

TRAIN YOURSELF

The act of effective and sweet communication has to be acquired in order to have a successful and fruitful relationship. Practice they say makes perfect.

Some do not know how to talk. They talk carelessly without wisdom. Some speak without thinking of the implications of the statements they are making. Go to work on yourself now. The reason why you have been having broken relationships may not be unconnected with your inability to communicate well. It may also be that no one is proposing to you or accepting your proposal because they have been watching the way you talk, and found it repulsive. Think about it.

THE ASSIGNMENT

1. Guard your thoughts.

“You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks.” (Matthew 12:34-35 NIV)

Your thoughts give birth to your words. We talk as we think.

2. Guard your lips.

“He who guards his lips guards his life, but he who speaks rashly will come to ruin.” (Proverbs 13:3 NIV)

Your experience is connected to your words.

3. Do not let any unwholesome talk come out of your mouth.

“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.” (Ephesians 4:29-30 NIV)

Decide not to harm with your mouth but to edify and bless others.

4. Let your conversation be always full of grace.

“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.” (Colossians 4:6 NIV)

Let your words be words that convey unmerited mercy, sweetens and preserves relationships as salt does. Anything contrary to that, don't say it with your mouth. When the person does not merit kind words, speak it in mercy and grace. Seek always to preserve and sweeten a relationship rather than destroy it.

CONCLUSION

Learn to exercise restraint when you talk. Manifest self-control. Speak with wisdom and care. Remember soft answer turns away wrath. Train yourself also to absorb evil and unkind words people will speak to you without getting bitter in your heart. Practice forbearance and forgiveness. Don't wait until you get married before you start. If you perfect it now, it will be better for you tomorrow. Start now to do this.