Don’t Let Your Mouth Get You Into Trouble:
Six Faulty Communication Patterns

1. __________________________

   1) Habits become _________________
   2) But habits can be _________________
   3) Faultfinding leads to _________________ and _________________

Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up...Get rid of...every form of malice. Be kind & compassionate to one another....
(Eph 4:29-32)

2. ______________ Talking about Concerns for Fear of Conflict

   1) Unresolved issues brew _________________
   2) Resentment can produce _________________
   3) Avoiding conflict can actually _________________ the fires of conflict.

...put off falsehood and speak truthfully...for we are all members of one body (Eph 4:25).

We are commanded to speak truthfully in ______________ (Eph 4:15).

3. Talk-Talk-Talking Instead of _________________

   1) Verbal ___________________ tunes them out
   2) ___________________ and _______________ are the same thing

Everyone should be quick to listen, slow to speak... (James 1:19)

4. Speaking in ___________ slow to speak Instead of Your Mate’s

   1) We talk in a ___________ language
   2) We need our ___________ _________________ to discover the intricate person to whom we are married.

5. Expressing Yourself in ___________ Terms Instead of ___________

   1) Expressing ourselves negatively is another ______________
   2) Express yourself in a _______________ way instead.
   3) It will take ______________ and ______________

I can do all things through him who strengthens me. (Philippians 4:13 ESV)

6. Using ______________ as a Weapon

   1) Silence is extremely ______________ and feeds the fires of conflict.
   2) Silence is a _______________, not just a shield.

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Eph 4:32 ESV)
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➢ Couple Sharing:

1. Rate yourself on each of the six Faulty Communication Patterns (circle for each):

Wife

1. Never  Seldom  Sometimes  Often  Too Much
2. Never  Seldom  Sometimes  Often  Too Much
3. Never  Seldom  Sometimes  Often  Too Much
4. Never  Seldom  Sometimes  Often  Too Much
5. Never  Seldom  Sometimes  Often  Too Much
6. Never  Seldom  Sometimes  Often  Too Much

Husband

1. Never  Seldom  Sometimes  Often  Too Much
2. Never  Seldom  Sometimes  Often  Too Much
3. Never  Seldom  Sometimes  Often  Too Much
4. Never  Seldom  Sometimes  Often  Too Much
5. Never  Seldom  Sometimes  Often  Too Much
6. Never  Seldom  Sometimes  Often  Too Much

From the above analysis, pick one Faulty Communication Pattern you need to focus on correcting.

Wife: _________________________    Husband: __________________________

2. Re-read Ephesians 4:29-32 and discuss.

3. Pray together:

Thank you, Lord, for the power to change. Help us be kind and compassionate as we communicate with one another.