

***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 _____ 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.