



## **Operation Living Hope Seminar 1: Healthy Communication and Peace Resolution**

Good communication is key to positive relationships. Poor communication has contributed to breakdown of many social settings. Instead, honor God, speak truth in love, be purposeful, clear, timely.

### **Negative effects of poor communication:**

See how great a forest is set aflame by such a small fire? ... The tongue is that fire ... defiling the entire body ... sets the course of life and is set on fire by hell ... James 3: 5,6b.

- Destroys productivity, cripples' teamwork.
- Often is the cause of discord, divorce.
- Between parents and teens can rip families apart.
- Relationships superficial and strained.
- Issues remain unclear, unresolved, and uncorrected.
- Bitterness, sexual profanity, and conflict set in.
- Wise decisions thwarted; selfish ambition exposed.
- Temptations to communicate outside marriage spells disaster.

### **Positive effects of good communication:**

Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one...Col 4:6

- Honors God.
- Healing, power, and love can subdue fear and anxiety.
- Strengthened and meaningful relationships.
- Harmony, humility, and accountability will prevail.
- Disagreements handled quickly and without conflict.
- Problems clarified and resolved.
- Wrong ideas can be corrected.
- Forgiveness and trust can be restored quicker.
- Good decision making will take place.



**What to do solution? Speak the truth in love. Good communication takes work, but it will work.**

*Pleasant words are like a honeycomb, sweetness to the soul and health to the bones ... Prov 16: 24*

Prioritize which of the 7 following needs your immediate attention.

- Be honest, always.
- Keep current. Can't drive forward while always peering through the past of the rear-view mirror.
- Invest in the process. Involve your time and effort.
- Attack the problem, not the person.
- Act, don't react. Proact and be purposeful.
- Share the thankful game. Count them one by one.
- Listen, Learn, Love, Lead.

Illustrate and elaborate on the above.

**What is lying? Deceit, inaccurate to the truth, God's truth.**

*What forms does it take?*

- Outright lie -- complete fabrication or contradiction to the truth
- Exaggeration — going further than the truth, truth plus a lie
- A half-truth – giving only part of the information, bypassing, or covering up the truth
- Evasion – changing the subject, not really answering the question, diverting from truth
- White lie – minimizing an outright lie that can harm another

*Essential tips for good communication:*

- What is Halo Data? Give non-verbal examples (smile, not rolling of the eyes, etc.)
- Explain the judger versus the learner path by asking uplifting questions. Explain the Choice Map.
- Do homework assignment as assigned by Bill or Annie.
- Guard your heart and lips! Listen carefully. Be slow to speak, quick to listen. Not formulating in mind what to say while the other person is speaking, A gentle word turns away wrath.
- Be purposeful. Your motivation for what you say must be unselfish.
- Be clear, straightforward, appropriate. Be concise with logic, coherence, and clarity.
- Consider timeliness. Don't be tired. Be appropriate when to say what.

**What is conflict? Not disagreements or disappointments; ... but sinning by means of battle, violence, fight, opposition, quarrels, war against another. Instead ...**

*...walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace... Eph 4:1b-3*

*Put off (Eph 4:29-32)*

- Bitterness: harboring a sharp, harsh, hateful attitude toward another
- Wrath: a temporary outburst of anger to another
- Anger: a slow burn of indignation
- Clamor: yelling, loud quarreling, harsh contention
- Slander: name-calling, belittling, speaking evil of a person, attacking another
- Malice: speech designed to injure or make another suffer

#### Put on (Eph 4: 29-32)

- Kindness: gracious, easy, courteous, good, helpful
- Tenderheartedness: compassionate, sympathetic
- Forgiveness: giving up revenge or a grudge

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God....Rom 12:2

#### Bad ways to avoid conflict:

- Just keep quiet. Instead, the right communication is essential, so bitterness won't set in.
- Stay away from each other. Instead, be fervent in love toward other.
- Change the subject. This tactic involves deception and manipulation
- Hide information, sins, or bitterness. Instead, be forthright.

#### Ways to please God and avoid conflict:

- Seek to know your partner well, appreciate and understand their perspective.
- Gather plenty of data before speaking.
- Demonstrate love and caring during time of disagreement.
- Listen more than speak but do speak.
- In matters of judgement; without hypocrisy. Discern humbly, fearfully, truthfully, and lovingly.
- In matters of sin; approach your spouse in love.
- In matters of preference; prefer one another.
- In matters of wisdom and conscience; search scriptures or seek Godly counsel.
- All for God's glory and others good rather than having my own way or being right.

The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you...Phil 4: 9



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