

## **Relationship Rehab: Critical Communication**

### **Key Scriptures**

Eph. 4:26-32 <sup>26</sup> "Be angry, and do not sin": do not let the sun go down on your wrath, <sup>27</sup> nor give place to the devil.

<sup>28</sup> Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need.

<sup>29</sup> Let no corrupt word proceed out of your mouth, but only what is good for necessary edification, that it may impart grace to the hearers.

<sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

<sup>31</sup> Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

<sup>32</sup> And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

Rom. 12:10 Love one another with brotherly affection. Outdo one another in showing honor.

James. 1:19 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

**Key Point:** In times of conflict, we need to know the right and wrong ways to communicate, and how to resolve things in a way that honors the Lord.

## **TALK IT OVER**

**Start talking:** Pick a conversation starter for your group.

- What was the best thing that happened to you this week?

**Start thinking.** Ask questions to get your group thinking.

- What do you think verse 26 is telling us to do? In what ways would failure to obey this give an opportunity to the devil (v. 27)?
- Why do you think Paul gives us a command in v. 26 to "be angry," but then in v. 31 he tells us to put away all. . . anger. Is this a contradiction?
- What do you think would classify as "corrupt communication" in Eph 4:29, in light of how Paul says we should speak to each other in the second half of verse 29? (See NIV)  
What kind of unwholesome talk is most common among Christians?
- To what extent are we called to forgive? (v. 32) How should this work out in marriages?

**Start sharing.** Choose a question to create openness.

- What do you think are the most important things you need to do in Eph 26-32?
- What do you remember about the "4 horsemen" that tear down relationships? Which one is the worst in your opinion? Why?
- When dealing with conflict, Paul David Tripp in his book "What Did You Expect," said "No positive change takes place in a marriage that does not begin with confession." Why do you think he said this?
- Romans 12:10 seems to be telling us we should be busy scanning the environment for things you can praise and admire about your spouse and others. How well do you feel you are doing at showing brotherly affection and looking for ways to honor others?

**Start doing.** Commit to a step and live it out this week!

- Which things in this passage do you struggle with or need to improve the most? How you speak to others? Being angry with or forgiving someone else? What do you need to focus on this week?

**Prayer Requests.** It may be helpful to pray the scriptures back to God.

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