



Hey Hon,

I hope you are having a wonderful time and enjoying this awesome opportunity God has given you. I just want to start off by saying how proud I am to be your husband.

Even though I should say it more, I could ask for a better wife. You are the greatest example of God's grace in my life, a gift I don't desire!

Communication or Obliteration
Ephesians 4:25 - 5:4

Ephesians 4:25 - 5:4 (NIV)

Therefore each of you must put off falsehood and speak truthfully "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. 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. And do not grieve the Holy Spirit of God, ... Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

I. The Assassins of Good Communication

James 1:19 (NIV)

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry..."

- Apathy
- Arrogance
- Anger

II. The Assets of Good Communication

- Time

Ecclesiastes 3:1 (NIV)

“There is a time for everything, and a season for every activity under heaven...”

- Trust

1 John 4:18 (NIV)

“There is no fear in love. But perfect love drives out fear, ...The one who fears is not made perfect in love.”

- Transparency

Romans 12:9-21 (NIV)

Love must be sincere. ... Be devoted to one another in love. Honor one another above yourselves.

- Tolerance

III. The Art of Good Communication

Words That Curse a Relationship

- Lying words
- Silent words
- Unwholesome words
- Hurtful words



- Joking words

Words That Bless A Relationship

- Truthful words
- Edifying words

Verse 29 – 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.

- Gracious words

I Thessalonians 4:6

“Let your speech always be with grace, seasoned, as it were, with salt, so that you may know how you should respond to each person.”

- Kind words
- Compassionate words
- Forgiving words
- Thankful words

I Thessalonians 5:4

“Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.”

Some Simple Keys to Good Communication:

- Seek to understand, rather than to be understood
- Understand and accept one another's differences.
- Disagree without being disagreeable.
- Pray for and with your spouse and children.
- When you're wrong, admit it; and when you're right, keep quiet.