

## 4 Rules of Communication

### Ephesians 4:25-32

1. **BE HONEST** (v25): *Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another.*
  - a. **Put off** falsehood:
    - i. Outright deceit.
    - ii. Exaggeration/embellishment.
    - iii. Misrepresenting someone else.
    - iv. 100% words (always, never).
    - v. Body Language and words that don't match.
  - b. **Put on** commitment to speak the truth:
    - i. Speak the truth continually.
    - ii. Speak the truth to the appropriate person. ("Your neighbor") - speak only to the people who are part of the problem or part of the solution.
    - iii. Speak the truth compassionately "for we are members of one another".
  
2. **KEEP CURRENT.** (vv26-27): *Be angry, and yet do not sin, do not let the sun go down on your anger, and do not give the devil an opportunity.*
  - a. Principle: Solve Today's problem today. Anger is a God-given emotion intended to help you solve problems biblically and solve them today.
  - b. Unused anger often turns to bitterness (Hebrews 12:15)
  - c. Every day has its own set of problems (Matthew 6:34)
  - d. Clamming up gives the devil a foothold.
  - e. Any historical data used only in a solution orientation, (keeping 3 promises of forgiveness.)
  
3. **ATTACK THE PROBLEM, NOT THE PERSON.** (vv 29-30) *Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to*

*the need of the moment, so that it will give grace to those who hear. Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.*

- a. The passage makes it clear: There are two types of words: unwholesome and edifying.
    - i. “Unwholesome words”:
      1. Foul words that tear down.
      2. Words that are sarcastic, or cutting, or attack the person, not the problem.
      3. These words do not make it easier to respond correctly, are not edifying.
      4. In the context of putting off and putting on (replacement), we put off all unwholesome words.
    - ii. “Edifying Words”:
      1. Words that make it easier for that person to think correctly and truthfully about the situation.
      2. Words that make it easier to respond in a Christ-like fashion.
      3. Edifying words are words to “put on”:
        - a. Good for building up in Christ-likeness.
        - b. Not small talk or ignoring issues with false compliments.
        - c. They are timely: spoken at the right time and centered on the issue at hand.
        - d. Words that give grace to those who hear. “Enabling grace”: they please God and give the person the desire to please God.
  - b. We are not responsible for his response.
4. **ACT, DON'T REACT** (vv 31-32) *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving each other, just as God in Christ has also forgiven you.*
- a. V31 are words of reaction, while the words in v32 are words of action.
  - b. Put off words that are a reaction to the perceived failure of others (bitterness, wrath, anger, clamor, slander, malice).
  - c. Put on words that reflect Christ correctly, regardless of what others have done or might have done. (Kind, tenderhearted, forgiving).