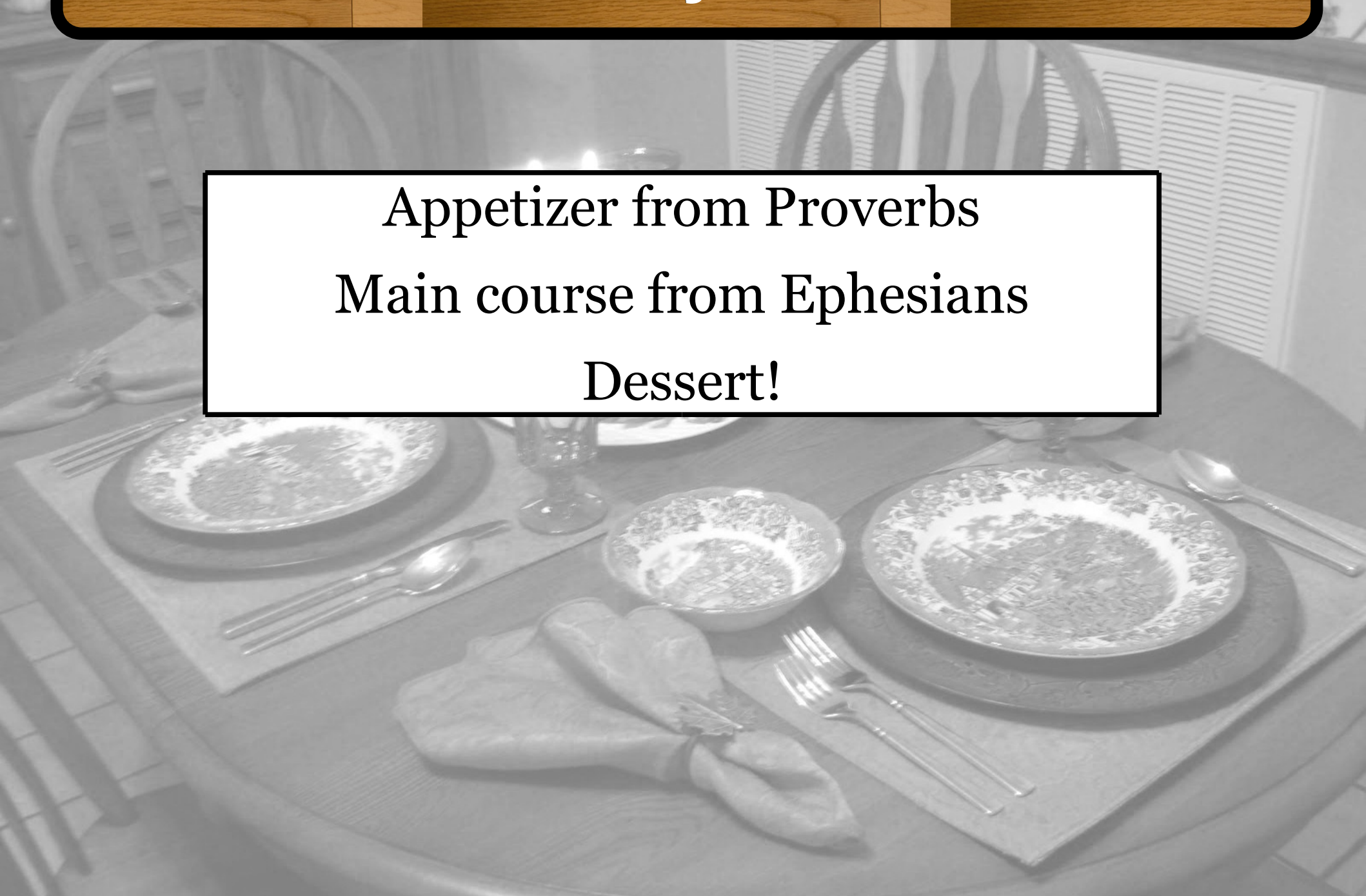


Grounded: Family Communication



Grounded: Family Communication

Appetizer from Proverbs
Main course from Ephesians
Dessert!



Grounded: Family Communication

Appetizers:

Wisdom about communication from Proverbs



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Appetizers:

Wisdom about communication from Proverbs

Pro 24:3 By wisdom a house is built, and through understanding it is established;

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Appetizers:

Wisdom about communication from Proverbs

Pro 24:3 By wisdom a house is built, and through understanding it is established;

Pro 14:1 The wise woman builds her house, but with her own hands the foolish one tears hers down.

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Appetizers:

Wisdom about communication from Proverbs



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Appetizers:

Wisdom about communication from Proverbs

Pro 16:24 Pleasant words are a honeycomb,
sweet to the soul and healing to the bones.

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Appetizers:

Wisdom about communication from Proverbs

Pro 16:24 Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

Pro 12:18 Reckless words pierce like a sword, but the tongue of the wise brings healing.

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Appetizers:

Wisdom about communication from Proverbs

Pro 17:14 Starting a quarrel is like breaching a dam; so drop the matter before a dispute breaks out.

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Main Course from Ephesians 4
Eliminating destructive behaviors



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Main Course from Ephesians 4
Eliminating destructive behaviors

Eph 4:25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

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Main Course from Ephesians 4
Eliminating destructive behaviors

Eph 4:26 "In your anger do not sin": Do not let the sun go down while you are still angry,
Eph 4:27 and do not give the devil a foothold.

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Main Course from Ephesians 4
Eliminating destructive behaviors

Eph 4:29 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.

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Main Course from Ephesians 4
Eliminating destructive behaviors

Eph 4:29 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.

What is “unwholesome talk?”

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Main Course from Ephesians 4
Eliminating destructive behaviors

What is “unwholesome talk?”

Deu 5:11 "You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name."

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Main Course from Ephesians 4
Eliminating destructive behaviors

What is “unwholesome talk?”

Rom 3:12 All have turned away, they have together become worthless; there is no one who does good, not even one."

Rom 3:13 "Their throats are open graves; their tongues practice deceit." "The poison of vipers is on their lips."

Rom 3:14 "Their mouths are full of cursing and bitterness."

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Main Course from Ephesians 4
Eliminating destructive behaviors

What is “unwholesome talk?”

Col 3:8 But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

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What is “unwholesome talk?”

Profanity

You know what it is.

- vulgar words about sex
- certain bodily functions
- misuse of God's name and other sacred things
- usually an emotional outburst for emphasis
- no regard for the actual meaning of the words

Get rid of the filthy language from your lips!

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What is “unwholesome talk?”

“Soft profanity”

- words that “sound like” profanity
- profanity for “polite company”
- darn, dang, shoot, freakin', cotton pickin' ...

Again.. you know what it is.

Get rid of the filthy language from your lips!

Grounded: Family Communication

Main Course from Ephesians 4
Eliminating destructive behaviors

What is “unwholesome talk?”

Jas 3:9 With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness.

Jas 3:10 Out of the same mouth come praise and cursing. My brothers, this should not be.

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What is “unwholesome talk?”

Jas 5:12 Above all, my brothers, do not swear —not by heaven or by earth or by anything else. Let your "Yes" be yes, and your "No," no, or you will be condemned.

Mat 5:37 Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one.

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What is “unwholesome talk?”

Pro 17:27 A man of knowledge uses words with restraint, and a man of understanding is even-tempered.

Mat 12:34b For out of the overflow of the heart the mouth speaks.

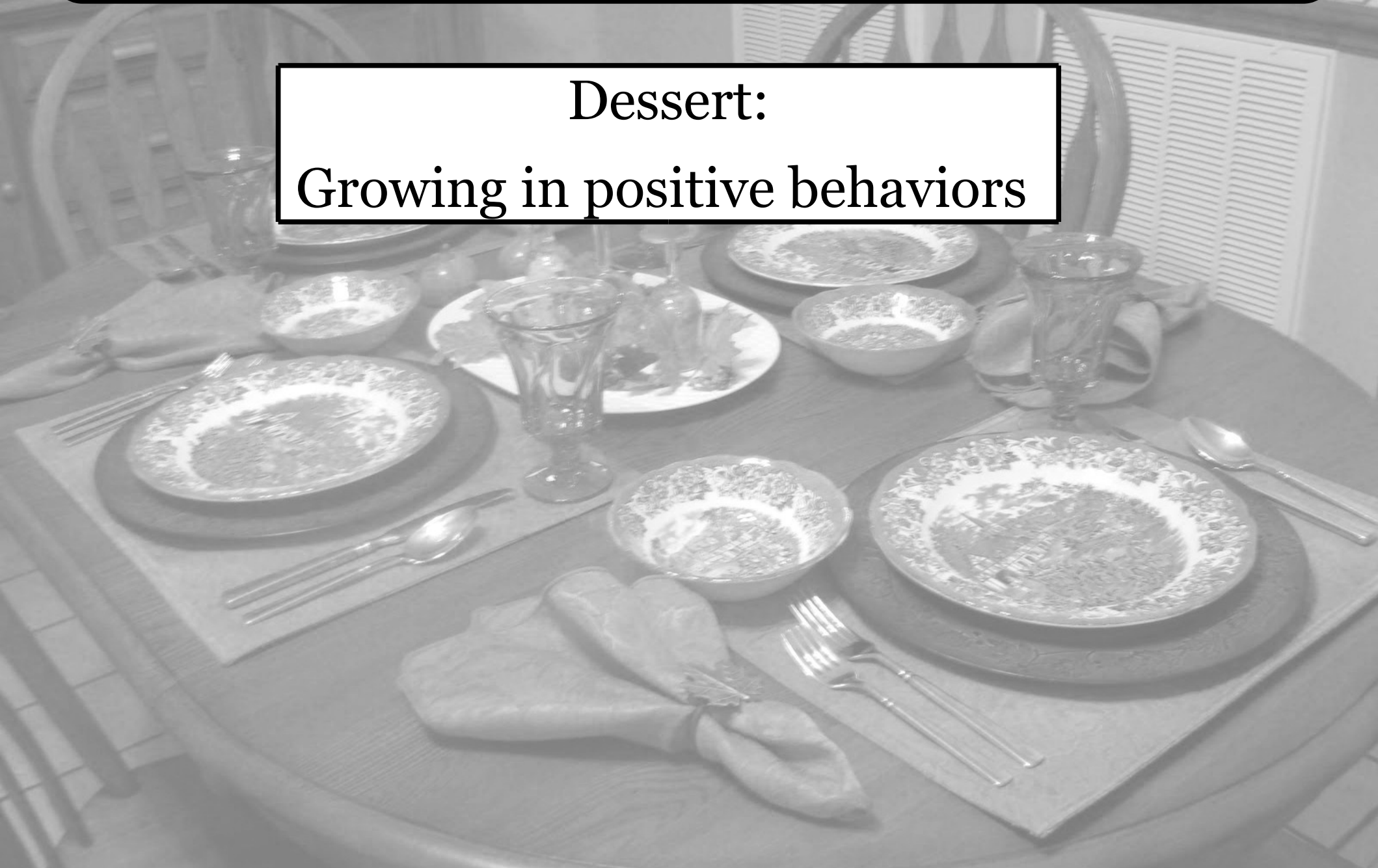
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Main Course from Ephesians 4
Eliminating destructive behaviors

Eph 4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Grounded: Family Communication

Dessert:
Growing in positive behaviors



Grounded: Family Communication

Dessert:

Growing in positive behaviors

Eph 4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Grounded: Family Communication

Dessert:

Growing in positive behaviors

Col 3:12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Col 3:13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Grounded: Family Communication

Dessert:

Growing in positive behaviors

1Co 13:4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

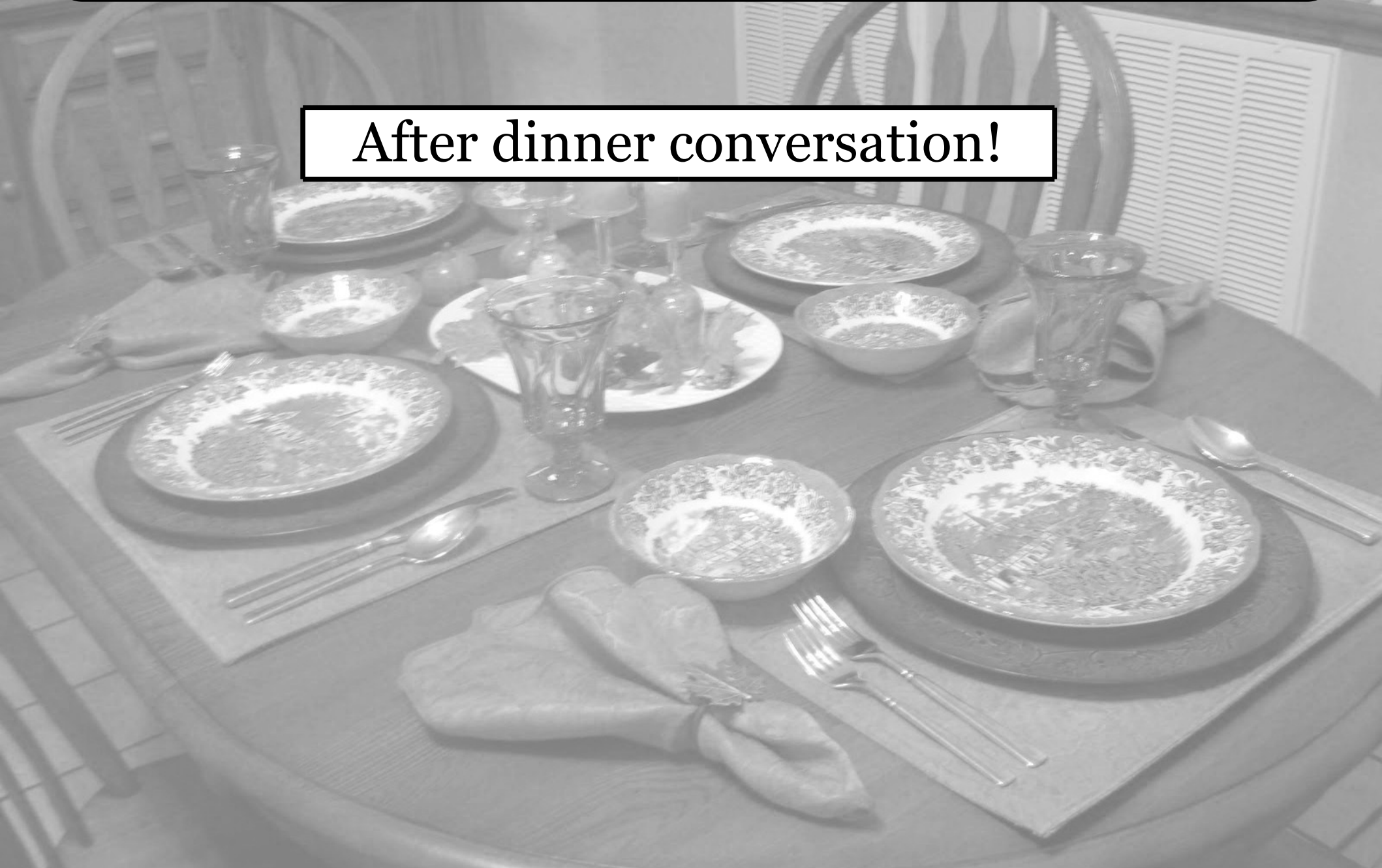
1Co 13:5 It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

1Co 13:6 Love does not delight in evil but rejoices with the truth.

1Co 13:7 It always protects, always trusts, always hopes, always perseveres.

Grounded: Family Communication

After dinner conversation!



Grounded: Family Communication

How do we communicate?

- Words
- Physical touch
- Body language
- Facial expressions
- Technology
- Gifts
- Acts of service
- Silence

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Meals together

- Not the trend among our neighbors
- Ask each person about their day
- Listen!
- Positive, safe talk
- Build a sense of belonging to the family

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Time together

- Mom & Dad date night
- One-on-one time
- Fun family Fridays
- Game nights
- Parks (free!)
- Vacations
- Create memories!

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Resolving conflict

- Mom & Dad
- Parents stand together
- Family meetings

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Limit the competition

- Number of activities
 - Schedule church activities first
 - Limit to one or two others
- Limit screen time!
 - TV, phone, computer
 - Sample ideas
 - Weekend only
 - Educational only

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Teach kids to think

- Bring the Bible into the discussion
- Find out what they think!
- Teach by asking questions!

Freedom to disagree

- Mom & Dad model how to disagree righteously
- Always show respect!

Grounded: Family Communication

Appetizer from Proverbs

Main course from Ephesians

Dessert

After dinner conversation

Grounded: Family Communication

