

Four Rules of Communication
Ephesians 4: 25-32

Introduction.

- A. There are many ways of communicating – and there is the Christian way.
- B. Euodia and Syntyche (Ph. 4:2-3).
- C. Introductory verses (17-24).
 - 1. Paul calls us away from the lifestyle of the unredeemed (17-19).
 - a. Hardened hearts.
 - b. Darkened understanding.
 - c. Sensual lifestyle.
 - 2. He calls us to a lifestyle of the redeemed (20-24).
 - a. Put off the old.
 - b. Put on the new.
 - i. By changing the attitude of our mind.
 - ii. To the righteousness and holiness of God.

I. Speak (25).

- A. No one is a mind-reader.
- B. Speak the truth.
 - 1. Partial truth.
 - 2. Contradictory body language.
 - 3. Outright lying.
 - 4. Speaking true words but implying a falsehood (disguised speech).
 - 5. What if you aren't permitted to tell the truth?
- C. Speak the truth in love (cf. v. 15).
 - 1. "At least I was honest" in the wreckage of a relationship.
 - 2. Biblical love is action not feeling.

II. Keep current (26-27).

- A. Don't go to bed angry.
- B. Retained anger builds up bitterness and hatred.
- C. Each day has its own troubles (Mt. 6:34).
- D. How do we keep current?
 - 1. Rule number one.
 - 2. Today (Ma. 5:23-24).
 - 3. Go to the other person.
- E. Unresolved anger gives the devil a foothold in our lives.

III. Attack problems, not people (29-30).

A. Unwholesome speech (putrid, rotting).

1. God's verdict on words that attack people.
2. Bypasses the real issue.
3. Rips apart the other person.
 - a. Whom God loves.
 - b. For whom Christ died.
4. Grieves the Holy Spirit.

B. Build up and edify the other person.

1. Focus on solving the problem together.
2. Remembering their needs.

IV. Act, don't react (31-32).

A. Reactions.

1. Nobody gets up in the morning deciding to be like this.
2. Who is responsible to get rid of it? We are. (2 Ti. 3:17).
3. Nobody has problems like I have!

B. Act.

1. Be kind (polite, courteous).
2. Be compassionate (tenderhearted) (cf. Mt. 23:27).
3. Forgive – as Christ forgave us.
 - a. First.
 - b. Freely.
 - c. Fully.

V. It is hard to change habits.

A. We can do it (1 Cor. 10:13; Phil. 4:13).

B. The way of the transgressor is harder (Pr. 13:15).

C. Now that you know these things, blessed are you if you do them
(Jn. 13:17)