

Title: Communication Code

Text: "Death and life are in the power of the tongue, and those who love it will eat its fruits."
(Proverbs 18:21)

Target: To discover the code that unlocks relationships through effective communication.

- I. **Defining Communication:** "Gracious words are like a honeycomb, sweetness to the soul and health to the body." (Proverbs 16:24)
 - A. **Verbal:** "A soft answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1)
 - B. **Nonverbal:** What is your body language saying when your mouth is silent?
- II. **Mindset in Communication:** "Do unto others as you would have them do unto you." (Luke 6:31)
 - A. **Seek to give Value:** "For out of the abundance of the heart the mouth speaks." (Luke 6:45)
 1. **You talk to others how you talk to yourself.** (+/-)
 2. **You value what you value.** (Respect, Kindness, Grace etc.)
 - B. **Check Our Motives:** "So whatever you wish that others would do to you, do also to them..." (Matthew 7:12)
 1. **Self-Awareness:** Understand how your past, trust levels, and position shape your communication.
 2. **Other-Awareness:** Recognize the nature, nurture, and current reality of others.
 3. **Win-Win Communication:** True communication is not one-sided.
- III. **Unlocking Communication:** "Let each of you look not only to his own interests, but also to the interests of others." (Philippians 2:4) *****5 C's of Communication.**
 - A. **Celebrate: Acknowledge Achievement:** "Therefore encourage one another and build one another up, just as you are doing." (1 Thessalonians 5:11)
 - B. **Care: Show Empathy and Presence:** "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:32)
 - C. **Clarify: Seek and Give Understanding:** "A fool takes no pleasure in understanding, but only in expressing his opinion." (Proverbs 18:2)
 - D. **Collaborate: Work Together for Solutions:** "Two are better than one, because they have a good reward for their toil." (Ecclesiastes 4:9)
 - E. **Critique: Offer Constructive Feedback:** "Faithful are the wounds of a friend; profuse are the kisses of an enemy." (Proverbs 27:6)
- IV. **Intentionality in Communication:** "Set a guard, O Lord, over my mouth; keep watch over the door of my lips!" (Psalm 141:3)
 - A. **Evaluate your Communication:** (Self/Others)
 - B. **Telegraph the Pass:** (T.A.L.K.)
 1. Tell the motive – "I want to talk about something because I value our relationship."
 2. Activate the right mindset – "I'm not attacking you; I'm seeking understanding."
 3. Lessen misunderstandings – "This is feedback, not a fight."
 4. Keep it moving – "Let's focus on progress, not past failures."

Takeaway: Communication Works When You Work At Communication