

# 8 RULES OF BIBLICAL COMMUNICATION

## #1 – JUDGE YOURSELF FIRST

“Do not judge so that you will not be judged. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. Why do you look at the speck that is in your brother’s eye, but do not notice the log that is in your own eye? Or how can you say to your brother, ‘Let me take the speck out of your eye,’ and behold, the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.” (Matthew 7:1-6)

## #2 – LISTEN FIRST

“A fool does not delight in understanding, but only in revealing his own mind.” (Proverbs 18:2)

“He who gives an answer before he hears, it is folly and shame to him.” (Proverbs 18:13)

## #3 – SPEAK AT THE RIGHT TIME

“A man has joy in an apt answer, and how delightful is a timely word!” (Proverbs 15:23)

“Like apples of gold in settings of silver is a word spoken in right circumstances.” (Proverbs 25:11)

## #4 – SPEAK CONCISELY

“When there are many words, transgression is unavoidable, but he who restrains his lips is wise.” (Proverbs 10:19)

“The voice of a fool [comes] through many words.” (Ecclesiastes 5:3)

“The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things. (Proverbs 15:28)

“The heart of the wise instructs his mouth and adds persuasiveness to his lips.” (Proverbs 16:23)

## #5 – SPEAK TRUTH WITH LOVE

“Speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ...Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another.” (Ephesians 4:15,25)

- Resentment concealed by pretending nothing is wrong is lying.

## #6 – RESOLVE CONFLICTS QUICKLY

“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.” (Ephesians 4:26-27)

- Anger is energy to be used in solving problems. (1 Sam 11:6-7; John 2:14-17)
- Unsolved problems become bitterness.

## #7 – ATTACK THE PROBLEM, NOT THE PERSON

“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.” (Ephesians 4:29-30)

- Unwholesome words target a person’s character, fruitlessly escalate the conflict and waste energy on secondary issues.

- Edifying words diffuse tension, lower defenses and encourage responsibility.

- Edifying words focus on unbiblical thinking and behavior.

- Edifying words seek to understand goals and motives.

## #8 – ACT, DON’T REACT

“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, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.” (Ephesians 4:31-32)

Put off fleshly reactions:

- **unwholesome words** – any word that tears down another
- **bitterness** – the refusal to treat someone as if they never hurt you
- **wrath** – outbursts of rage like a volcano
- **anger** – slow burn; settle indignation
- **clamor** – harsh contention and strife; public quarreling
- **slander** – speech that injures; abusive speech
- **malice** – desire to harm others or see them suffer

Put on godly actions:

- **edifying words** – build up another
- **kindness** – benevolent, helpful, courteous
- **tender-heartedness** – compassionate, sympathetic
- **forgiveness** – to pass over an offense and free the offender from the guilt of it