

COMMUNICATION OUTLINE (Ephesians 4:29-30)

I. **Intimacy in relationship is broken by “over talk:”**

1. Monopolizing a conversation:
Proverbs 10:8. Proverbs 10:10. Proverbs 10:19.
2. Gossip or tailbearing (it can become part of you), if you have a problem, get biblical help:
Proverbs 26:22. Matthew 18:15-17.
3. Justification speech:
Proverbs 26:13. Matthew 7:3-5.
4. Takeover speech (finishing other's sentences):
James 1:19.
5. Nonstop motor mouth:
Proverbs 10:19.
6. Topic overload / bulldog speech
Proverbs 17:9b.
7. “I” speech:
Proverbs 27:2.
8. Situational over talk (intimidating another by the knowledge of a subject):
1 Corinthians 8:1.
9. Cancellation speech (the “but . . . “ when we should be learning from others and also acknowledging it)
Proverbs 21:4.
10. Double bind (a dual message):
Matthew 5:37.
11. Ventriloquist speech (thinking you know what someone else wants to say):
Proverbs 17:18.

II. **Problems in relationship in the area of “under talk:”**

1. General lack of words:
Proverbs 27:17.
2. Topic avoidance (the woman at the well gave it a good shot, John 4):
Proverbs 28:13.
3. Soft talk (If we want to develop a relationship with our spouse, they need to HEAR us.)
4. Apathetic talk (no interest in spouse, remember Proverbs 27:9):
Proverbs 15:22a Proverbs 27:9.
5. Lack of personal sharing (stems from no intimacy):
Proverbs 12:25.
6. Lack of acknowledgment:
Proverbs 27:5.
7. Lack of appreciation:
Proverbs 18:19.

III. **Helps to correct the problems:**

1. Make it “SAFE” to communicate:
Ephesians 5:21.
2. Don't “explain yourself” too quickly:
Proverbs 18:13.
3. Don't offer unwarranted advice:
Proverbs 26:4-5.
4. Pray for wisdom to have the right timing:
Proverbs 15:23. Ecclesiastes 3:1-11.
5. Learn about your spouse in order to help them share when it is difficult:
Proverbs 20:5.