

MAJOR ROADBLOCKS TO LOVING COMMUNICATION

Paul's instructions from God for
loving attitude, use of words,
handling **anger and resentments**



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HUMBLE, GENTLE, PATIENT AND TOLERANT

- Eph 4:1 Therefore I, the prisoner of the Lord, implore you to walk in a manner worthy of the calling with which you have been called,
- Eph 4:2 with all humility and gentleness, with patience, showing tolerance for one another in love,
- Eph 4:3 being diligent to preserve the unity of the Spirit in the bond of peace.

DEAL WITH YOUR ANGER

- ph 4:26 BE ANGRY, AND *yet* DO NOT SIN; do not let the sun go down on your anger,
- Eph 4:27 and do not give the devil an opportunity.

WATCH YOUR WORDS

- Eph 4:29 **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.
- Eph 4:30 Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

FORGIVENESS

- **Eph 4:31** Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.
- **Eph 4:32** Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

WE CAN BE FOOLED!

- **“If I don’t intentionally examine myself, the unintentional will happen!!!”**

ASK GOD?

- **Pray for God to reveal any unresolved resentments. Clear the road for healthy, loving communication. Don't avoid conflict, resolve it!!!**
- **“Conflict Resolution” is the best vehicle for our journey.**
- **Unresolved conflict often results in unforgiveness and collisions.**