

Crucial Conversations: Speaking the Truth in Love

Eph 4:25-32

3-09-08

Crucial Conversation: a discussion between two or more people where (1) stakes are high (2) opinions vary, and (3) emotions run strong.

James 1:19-20

My dear brothers, take note of this: Everyone should be quick to listen , slow to speak and slow to become angry, 20 for man's anger does not bring about the righteous life that God desires.

Prov 18:21

The tongue has the power of life and death , and those who love it will eat its fruit.

4 Danger Signs in a Marriage:

Negative Interpretations

Escalation

Contempt

Withdrawal and Avoidance

Eph 4:25

Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

Eph 4:26

"In your anger do not sin"

Eph 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Principles of Dialogue:

➔ **Start with your own Heart**

Ps 139

19 *If only you would slay the wicked, O God!..*
20 *They speak of you with evil intent;*
your adversaries misuse your name.
21 *Do I not hate those who hate you, O Lord,...*
22 *I have nothing but hatred for them;*
I count them my enemies.
23 *Search me, O God, and know my heart;*
test me and know my anxious thoughts.
24 *See if there is any offensive way in me,*
and lead me in the way everlasting.

Prov 21:2

All a man's ways seem right to him,
but the Lord weighs the heart.

Ps 36:2 *For in his own eyes he flatters himself*
too much to detect or hate his sin.

Skilled communicators start with heart:

- 1) They begin a high-risk discussion with the right motives.
- 2) They stay focused no matter what.

Prov 12:16 *A fool shows his annoyance at once*

Prov 29:11 *A fool gives full vent to his anger, but a wise man keeps himself under control.*

Ask yourself:

What do I really want?

What do I want for others?

What do I want for this relationship?

How would I behave if I really wanted these results?

➔ **Refuse the “Suckers Choice”**

The best at dialogue refuse the sucker's choice and looks for the important AND questions.

