
❖SERMON NOTES ❖

Sunday, March 13, 2016

“Keys to Communication”

(Ephesians 4:25-32)

There are multiple ways we communicate today: phone call, text, email, skype, social media and even face to face sometimes. Communicating can be as simple as giving someone the time or as complex as trying to tell someone how you feel. All of us need to communicate. Unfortunately, not all of us are good at it...especially at home. This morning we are going to focus on keys to effective communication with our families.

Four Keys to Communication:

1. _____
“...speak the truth with his neighbor, for we are members of one another.” (v. 25)
2. _____
“Be angry and do not sin...” (v. 26)
3. _____
“Let no corrupting talk come out of your mouths, but only such as is good for building up.” (v. 29)
4. _____
“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (v. 32)

The success of these keys hinges on our willingness to _____
_____.

“to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.” (v. 22-24)

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Four Keys to Communication:

1. **Willingness**

“...speak the truth with his neighbor, for we are members of one another.” (v. 25)

2. **Emotion Regulation**

“Be angry and do not sin...” (v. 26)

3. **Supportive Words**

“Let no corrupting talk come out of your mouths, but only such as is good for building up.” (v. 29)

4. **Humility**

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (v. 32)

The success of these keys hinges on our willingness to **be made new in Christ.**

“to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.” (v. 22-24)