

7 Essentials to Help You "Get Real" and "Get Right!"

Reality Relationships: Language

by Dr. David H. McKinley

Love... does not behave rudely. 1 CORINTHIANS 13:5

Essential #4:

**Love is a language you speak every day
in the expressions you choose
and the things you say.**

Consider the Different Levels of Communication

Spiritual • Emotional • Intellectual • Verbal • Physical

Contemplate Common Causes for Communication Breakdowns

- Culture
- Nature
- Gender

"...male and female made He them..." GENESIS 1:27
AM / FM Frequencies = Male / Female Traits

- Behavior/Demeanor

*Let no corrupt word proceed out of your mouth, but what
is good and necessary for edification, that it may impact
grace to the hearers.* EPHESIANS 4:29

Concentrate on Developing Good Communication Skills

A-B-C's ...

Acknowledge your need for assistance

Be a good listener

"Talking (communicating) is like playing the harp. There
is as much in laying the hands on the strings to stop the
vibrations as in plucking them to bring out their music."

—OLIVER WENDELL HOLMES

*The heart of the righteous studies how to answer, but the
mouth of the wicked pours forth evil.* PROVERBS 15:28

*He who answers a matter before he hears it, it is folly and
shame to him.* PROVERBS 18:13

"Lord, let my quest be to understand rather than to be
understood." —ST. FRANCIS OF ASSISI

Choose your words wisely

"Effective communication comes down to listening
and speaking with your heart. When people feel un-
derstood emotionally, they feel cared for. This is very
different from listening to someone from the head—
that is, looking merely for the content of the person's
words, without paying attention to the emotion. The
goal of *effective communication* is to understand the
emotional message of the speaker. You have to ask
yourself, *What is this person feeling?*" —GARY SMALLEY

Discern the difference between honesty and brutality

...speak the truth in love... EPHESIANS 4:15

*There is one who speaks like the piercings of a sword, but
the tongue of the wise promotes health.*

PROVERBS 12:18

Establish positive patterns of expression

Focus on what you know about others rather than what you know about yourself

5 Love Languages by Gary Chapman

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch

Guard your temper

Help others "get to know you better"

**Identify the difference between *agreement* and *accep-
tance***

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