

Introduction: Communication is the highway upon which love travels.

- It's more than just "words".
- It's more than better listening and understanding your life partner.
- Biblical communication is the transfer of God's love in meaningful, understandable, super-natural ways through you to your mate.

*¹² So, as those who have been chosen of God, holy and beloved, **put on a heart of compassion, kindness, humility, gentleness and patience;***

¹³ bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.

¹⁴ Beyond all these things put on love, which is the perfect bond of unity.

¹⁵ Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.

¹⁶ Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.

¹⁷ Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.

Colossians 3:12-17

How to effectively communicate:

- I. **The command – Put on the proper attire** Colossians 3:12
1. _____ – Empathy to action vs. cynical Matthew 9:36
 2. _____ – Whatever is helpful, beneficial vs. critical
Jeremiah 9:23-24
John 4
 3. _____ – Their needs first, posture of a servant
Philippians 2:5-11
 4. _____ – Strength under control, your emotions
Matthew 11:28-30
 5. _____ – Endure with a good attitude 2 Peter 3:8-9

II. **Why the “clothing” metaphor is crucial to biblical communication**

1. “Old clothes” must be taken off. Colossians 3:8-9
 - Anger – continuous state of smoldering, seething hate
 - Rage – outbreaks into angry speech, cations
 - Malice – desire to cause hurt, evil intent
 - Slander – to tear down another with half-truths and lies
 - Abusive speech – words that contaminate, demean
 - Do not lie... since you put off old self (that lived independent of God and for yourself)
2. The new self requires “new clothes”. Colossians 3:10-11

The Principle: Who we are determines how we “dress” (communicate from the heart)

III. The problem:

We have settled for techniques and self-help tools to change how we speak, and to modify our emotions and behaviors to improve compatibility; rather than focusing on the deep-rooted transformation of our hearts which empowers us to give the life-giving love of Christ to our mates.

IV. The solution is three-fold:

1. Don't buy the old lies*

- I am what I have – Possessions
- I am what I accomplish – Performance
- I am what others think of me – Popularity

2. Dress appropriately for your mate

- Practice A.W.E

1. A – _____

2. W – _____

3. E – _____

3. Have at least 2 “couples conferences” per week**

- 3 questions for couples conferences:
 1. What are you concerned about?
 2. What do you wish?
 3. What are you willing to do?

**Discover Your True Self* book and *Affirmation Cards* by Chip Ingram and Theresa Ingram.

***Marriage that Works* by Chip Ingram.

Discussion Questions:

1. How would you describe your current communication skills towards your loved ones?
2. What are some “old clothes” that need to be taken off in your life? How will you specifically put on “new clothes” (compassion, kindness, humility, gentleness, patience) this week?
3. Which of the three “old lies” (I am what I have, I am what I accomplish, or I am what others think of me) do you tend to fall into more often? Take some time to ask God for help in this area.