

**Sunday, August 18<sup>th</sup>, 2024**  
**1000 Oaks Bible Church**

**Cultivating Healthy Relationships:**  
**“Communication”**

## \* INTRODUCTION

A. Back in early June we began a series called, “cultivating healthy relationships. It was based upon Matthew 22:37-38 And He said to him, “You shall love the LORD your God with all your heart, and with all your soul, and with all your mind. 38 This is the great and foremost commandment. 39 The second is like it, You shall love your neighbor as yourself.”

B. The relationship characteristics we have looked at from the Bible are: **Service, Forgiveness, Honesty, Patience, Loyalty, Boundaries, Love, Encouragement**, and on our concluding study we will examine **Communication**.

C. <https://www.youtube.com/watch?v=Pa6Id-7SdRQ>

# **I. COMMUNICATION IS MORE THAN WORDS - IT IS YOUR LIFE**

**A. In New York in 2005, Mayor Michael Bloomberg unveiled a large statue depicting a moment in baseball history. Pee Wee Reese, a white southerner has his arm around Jackie Robinson the first black to play MLB.**

**\* Remembering Cincinnati on May 13th, 1947.**

**<https://www.youtube.com/watch?v=HrHYIJQAYTA>  
(0:50-2:38)**

**B. Proverbs 18:24 A man that hath friends must shew himself friendly: and there is a friend that sticks closer than a brother.**

**\* If you want a friend, then BE a friend.**

**C. Let's write a song!**

**"You just call out my name..."**

**D. Communication is more than words. It can be the arm around the shoulder, it can be a personal visit, it can be emotional closeness, and as I John 3 said, it is through deed and truth.**

## **II. YOUR WORDS DO NOT START IN YOUR MOUTH**

**A. Luke 6:45 The good person out of the good treasure of his heart brings forth what is good; and the evil person out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart.**

**B. Matthew 12:34 ...out of the abundance of the heart, the mouth speaks.**



**C. Psalms 139:23-24 Search me, O God, and know my heart; try me and know my anxious thoughts**

**D. What verses like these declare is that your heart/soul is where your thoughts begin and those thoughts lead to our words. (Proverbs 4:23)**

**E. Jesus said, ...the mouth speaks from that which fills the heart.**



# III. AVOID THE TOXIC TONGUE

A. Remember...

**GREAT** minds talk about **IDEAS**;

**AVERAGE** minds talk about **EVENTS**;

**SMALL** minds talk about **PEOPLE**.

**B. James 3:5-6 So too the tongue is a small part of the body, yet it has great pretensions. Think how small a flame sets a huge forest ablaze.**

**6 And the tongue is a fire! The tongue represents the world of wrongdoing among the parts of our bodies. It pollutes the entire body and sets fire to the course of human existence—and is set on fire by hell.**

## **\* CURBSIDE**

**A. Psalms 19:14 Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my rock and my Redeemer.**

**B. Proverbs 21:23 He who guards his mouth and his tongue, guards his soul from troubles.**

**C. Psalms 141:3 Set a guard, O LORD, over my mouth; keep watch over the door of my lips.**

**D. Proverbs 16:24 Pleasant words are a honeycomb, sweet to the soul and healing to the bones.**

**E. Proverbs 18:21 Death and life are in the power of the tongue, and those who love its use will eat its fruit.**

**F. Ephesians 4:29 You must let no unwholesome word come out of your mouth, but only what is beneficial for the building up of the one in need, that it would give grace to those who hear.**

**G. Ephesians 1:6 To the praise of the glory of His grace, wherein He hath made us accepted in the beloved.**

- 1. We don't have to work for His love or welcome. He gives it freely to us in Christ. He doesn't show favoritism.**
- 2. We should never make people feel like they have to earn our love or friendship. Let's love others as He first loves us.**