

September 14 Devotional

General “Rules” of Communication

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| Repeat back and clarify what the other person is saying | |
| Stay in the room and work-it-out (resolve it) | Matt. 5:23 |
| Have a set “cooling off” period | Pr. 14:29 |
| Resolve the discussion in 24 hours or call a counselor/pastor | Eph. 4:26 |
| Share all your thoughts and feelings | Pr. 18:17 |
| Do not use “always” or “never” | Eph. 4:25 |
| Do not pout | Jonah 4:3 |
| No yelling (brawling or wrangling/ “shouting match”) | Eph. 4:31 NRSV |
| No throwing things | |
| No name calling | Eph. 4:29 |
| No blaming (better to take responsibility) | Gen. 3:12-13 |
| No filibustering (listening to the other person is important) | James 1:9 |
| No bringing up past baggage (unless 100% on topic) | 1 Cor. 13:5 |