

4 Rules of Communication

- 1) **Be Honest:** Speak the truth in love; shouting does not make it true. (Ephesians 4:15, 25; Proverbs 21:19; Proverbs 26:21)
- 2) **Keep Current:** Resolve issues today; do not bring them back up tomorrow. (Ephesians 4:26-27)
- 3) **Attack the Problem, Not the Person:** Build up, do not tear down; avoid absolutes like always, never, ever. (Ephesians 4:29-30)
- 4) **Act, Don't React:** Be swift to hear, slow to speak. (Ephesians 4:31-32; James 1:19; Proverbs 18:13, 15, 17, 19)