

Family Matters

Your Family Matters to God!

Communication Matters

Do Your Words Bruise or Build?

Lead a
Group!





FRIEND DAY

SUNDAY, OCTOBER 6

9:30 & 11 AM



“The single biggest problem in communication is the illusion that it has taken place.”

GEORGE BERNARD SHAW

“I know that you believe you understand what you think I said, but I’m not sure you realized that what you heard is not what I meant.”

ROBERT MCCLOSKEY

“Two things are infinite: the universe and human stupidity; and I’m not sure about the universe.”

ALBERT EINSTEIN

“I haven’t spoken to my wife in years. I didn’t want to interrupt her.”

RODNEY DANGERFIELD

“Miscommunication is when your text is autocorrected to something you didn’t Nintendo.”

JACK WILSON







*...but no human being can tame the tongue.
It is a restless evil, full of deadly poison. With the
tongue we praise our Lord and Father, and with it
we curse human beings, who have been made in
God's likeness. Out of the same mouth come
praise and cursing. My brothers and sisters, this
should not be.*

JAMES 3:8-10

*The tongue has the power of life and death,
and those who love it will eat its fruit.*

PROVERBS 18:21

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

EPHESIANS 4:29-5:2

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

EPHESIANS 4:29-5:2

**DO YOUR WORDS
BRUISE OR BUILD?**

1

Do not let
unwholesome talk
come out of your
mouth.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

EPHESIANS 4:29-5:2

> **Unwholesome talk**

> Unwholesome talk

...people will give account for every careless word they speak.

MATTHEW 12:36

- > **Unwholesome talk**
- > **Only what is helpful for building others up**

- > Unwholesome talk
- > Only what is helpful for building others up

Therefore encourage one another and build each other up, just as in fact you are doing.

1 THESSALONIANS 5:11

- > **Unwholesome talk**
- > **Only what is helpful for building others up**
- > **According to their needs**

S

NEW YORK TIMES BESTSELLER

su

CHARLES

sup

DUHIGG

supe

Author of THE POWER OF HABIT

super

superc

superco

How to
Unlock the
Secret
Language of
Connection

supercom

supercomm

supercommu

supercommun

supercommuni

supercommunic

supercommunica

supercommunicat

supercommunicato

supercommunicator

supercommunicators

- > **Unwholesome talk**
- > **Only what is helpful for building others up**
- > **According to their needs**
- > **That it may benefit those who listen**

- > **Unwholesome talk**
- > **Only what is helpful for building others up**
- > **According to their needs**
- > **That it may benefit those who listen**
- > **Do not grieve the Holy Spirit**

EXAMPLES OF UNWHOLESOME TALK

- > Direct verbal abuse
- > Indirect verbal abuse – sarcasm, teasing, subtle put downs
- > Words of judgment – belittling, blaming, shaming, finding fault
- > What we don't say – ignoring, tuning out, harsh stares, not affirming

**We are to affirm
and build others**

2

**Get rid of internal
garbage.**

*Get rid of all bitterness, rage and anger,
brawling and slander, along with every
form of malice.*

EPHESIANS 4:29-5:2

6 STACKS OF TRASH

> Bitterness



6 STACKS OF TRASH

> Bitterness

> Rage



6 STACKS OF TRASH



> **Bitterness**

> **Rage**

> **Anger**

6 STACKS OF TRASH



> **Bitterness**

> **Rage**

> **Anger**

> **Brawling**

6 STACKS OF TRASH



> **Bitterness**

> **Rage**

> **Anger**

> **Brawling**

> **Slander**

6 STACKS OF TRASH



> **Bitterness**

> **Rage**

> **Anger**

> **Brawling**

> **Slander**

> **Malice**

TOXIC ENVIRONMENTS

- > Performance-based
- > Unhealthy comparisons and competition
- > Living in denial and delusion
- > Perfectionism
- > Frozen feelings

3

**Be a giver of God's
grace.**

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

EPHESIANS 4:29-5:2

GIVE GOD'S GRACE BY BEING LIKE CHRIST:

> Be kind and compassionate

GIVE GOD'S GRACE BY BEING LIKE CHRIST:

- > Be kind and compassionate**
- > Be forgiving**

GIVE GOD'S GRACE BY BEING LIKE CHRIST:

- > Be kind and compassionate**
- > Be forgiving**
- > Be imitators of God**

GIVE GOD'S GRACE BY BEING LIKE CHRIST:

- > Be kind and compassionate**
- > Be forgiving**
- > Be imitators of God**
- > Be selfless and
live love lead like Jesus**

Family Matters

Your Family Matters to God!

CONNECTION CARD

Drop off in the black boxes as you exit, or meet us at the Connection Center in the lobby!

NAME(S) & BIRTHDAY(S)

M
 F

 M
 F

PHONE NUMBER(S)

EMAIL(S)

ADDRESS

I'm new to BCA BCA is my home!

MY DECISION:

- I want to follow Jesus
- I want to be baptized
- I want to start serving at BCA
- I want to sign up for the DISCOVER class

PRAYERS / COMMENTS

How can we pray for you?



