

It's Not You.

It's Me.

RELATIONSHIPS SERIES





Communication

IT'S NOT YOU. IT'S ME.

Proverbs 18:21

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



BUILD UP OR TEAR DOWN

Ephesians 4:29

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.

Proverbs 12:18 (ESV)

The words of the reckless pierce like swords,
but the tongue of the wise brings healing.

2 Timothy 2:16

Avoid godless chatter, because those who indulge in it will become more and more ungodly.

Ephesians 5:4 (ESV)

Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.

Matthew 12:33-37 (NLT)

³³“A tree is identified by its fruit. If a tree is good, its fruit will be good. If a tree is bad, its fruit will be bad. ³⁴ You brood of snakes! How could evil men like you speak what is good and right? For whatever is in your heart determines what you say. ³⁵ A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. ³⁶ And I tell you this, you must give an account on judgment day for every idle word you speak. ³⁷ The words you say will either acquit you or condemn you.”



HEARING OR LISTENING

James 1:19

My dear brothers and sisters, take note of this:
Everyone should be quick to listen, slow to
speak and slow to become angry

Proverbs 18:2

Fools find no pleasure in understanding
but delight in airing their own opinions.

Proverbs 18:13

To answer before listening—
that is folly and shame.

Proverbs 15:1

A gentle answer turns away wrath,
but a harsh word stirs up anger..

Proverbs 16:24

Gracious words are a honeycomb,
sweet to the soul and healing to the bones.



HEALTHY OR HOLY

Hebrews 4:12-13

¹² For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. ¹³ Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Colossians 4:6

Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.