

# The ABC's of Spiritual Vitality: Communication

*Understand this, my dear brothers and sisters: You must be quick to listen, slow to speak, and slow to get angry. James 1:19 (NLT)*

**Introduction:** Communication is an important component for our spiritual vitality and relationships. The question though, is not so much the importance as the improvement of communication. There are three major steps James suggests we can take to improve our communication in the church.

## I. First, we need to be quick to l\_\_\_\_\_.

**Four things we can do to improve our listening:**

**First, remember the r\_\_\_\_\_:** 2 ears to 1 mouth - listen twice as much as we speak.

**Second, listen with your e\_\_\_\_\_s as well as your e\_\_\_\_\_s.**

Communication is 7% verbal and 93% nonverbal.

**Third, listen for both f\_\_\_\_\_s and f\_\_\_\_\_** - listen to the head and the heart.

**Fourth, listen h\_\_\_\_\_** - don't get lost in your own emotions, expectations, and experiences - but be open to 'entering the world of others' by listening.

## II. Second, we need to be slow to s\_\_\_\_\_.

**Criteria of the 3 C's:**

Did I C\_\_\_\_\_ someone, appreciating what they have done or celebrating an accomplishment in their life?

Did I C\_\_\_\_\_ anyone - realizing there are those around me who are hurting or struggling in some way?

Did I speak a word C\_\_\_\_\_, encouraging those who need to be 'lifted up'?

## III. Third and finally, we need to be slow to get a\_\_\_\_\_.

**Three steps to manage anger:**

**Fr\_\_\_\_\_ your anger,** means taking a step back from the situation and collecting yourself.

**Cl\_\_\_\_\_ your anger,** means admitting to yourself that you're upset. Here, instead, focusing on being mad, you need to discover the true issue that's making you angry. Once you know what the real problem is, the next step is:

**Ta\_\_\_\_\_ your anger.** Ask yourself, "Is this problem something that isn't really important, or is it upsetting you to the point where your self-worth is being eroded?" When the matter is of great importance to you, you need to take action. You need to confront the person with whom you're angry. If you're unable to do that, there's still one more possibility.

**T\_\_\_\_\_ your anger over to God.**

**Conclusion:** We need to be quick to listen, slow to speak and slow to get angry. These 3 steps can help improve our communication.