8. Major on thethe negative	instead of majoring on
Finally, brethren, whatsoever things are whatsoever things are just, whatsoever are lovely, whatsoever things are of good there be any praise, think on these thing	things are pure, whatsoever things I report; if there be any virtue, and if
9. Learn to communicate in When he was come down from the mound And, behold, there came a leper and work wilt, thou canst make me clean. MATTHE	stain, great multitudes followed him. shipped him, saying, Lord, if thou
And when Jesus was come into Peter's h and sick of a fever. And he touched her h arose, and ministered unto them. MATT	and, and the fever left her: and she
I will instruct thee and teach thee in the thee with mine eye. PSALM 32:8	way which thou shalt go: I will guide
10 your thoug	ghts and concerns to
each other Philip findeth Nathanael, and saith unto Moses in the law, and the prophets, did n Joseph. And Nathanael said unto him, Co of Nazareth? Philip saith unto him, Com coming to him, and saith of him, Behold guile! JOHN 1:45-47	write, Jesus of Nazareth, the son of Can there any good thing come out ne and see. Jesus saw Nathanael
11. Practice the	d that men should do to you, do ye
even so to them: for this is the law and the	
12. Do no matter But love ye your enemies, and do good, a and your reward shall be great, and ye si for he is kind unto the unthankful and to	nd lend, hoping for nothing again; hall be the children of the Highest:
Conclusion:	

\*Go to gabrielruhl.com to listen to previous lessons.





HIS DESIGN | SUNDAY, NOVEMBER 25, 2018 | WEEK 7

## Lesson: GOOD COMMUNICATION, PART 2

Can two walk together, ex	ept they be agreed? AMOS 3:3
ntroduction:	

## 1. Good communication requires

With all lowliness and meekness, with longsuffering, forbearing one another in love; EPHESIANS 4:2

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. EPHESIANS 4:32

Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. 1 CORINTHIANS 13:4-7

## 2. Good communication requires good

Counsel in the heart of man is like deep water; but a man of understanding will draw it out. PROVERBS 20:5

A. Good listening involves letting the other person speak without
He that answereth a matter before he heareth it, it is folly and shame unto him. PROVERBS 18:13
B. Good listening involves giving the other person your attention
Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: JAMES 1:19
C. Good listening involves making sure you really what the other person is saying or thinking
Twelve Practical Suggestions for Developing and Maintaining Good Marital Communications:
When there are problems, each must be willing to that he/she is part of the problem

Also he sent forth a dove from him, to see if the waters were abated from off the face of the ground; But the dove found no rest for the sole of her foot, and she returned unto him into the ark, for the waters were on the face of the whole earth: then he put forth his hand, and took her, and pulled her in unto him into the ark. And he stayed yet other seven days; and again he sent forth the dove out of the ark; And the dove came in to him in the evening; and, lo, in her mouth was an olive leaf pluckt off: so Noah knew that the waters were abated from off the earth. And he stayed yet other seven days; and sent forth the dove; which returned not again unto him any more. And it came to pass in the six hundredth and first year, in the first month, the first day of the month, the waters were dried up from off the earth: and Noah removed the covering of the ark, and looked, and, behold, the face of the ground was dry. And in the second month, on the seven and twentieth day of the month, was the earth dried. And God spake unto Noah, saying, Go forth of the ark, thou, and thy wife, and thy sons, and thy sons' wives with thee. Bring forth with thee every living thing that is with thee, of all flesh, both of fowl, and of cattle, and of every creeping thing that creepeth upon the earth; that they may breed abundantly in the earth, and be fruitful, and multiply upon the earth. And Noah went forth, and his sons, and his wife, and his sons' wives with him: Every beast, every creeping thing, and every fowl, and whatsoever creepeth upon the earth, after their kinds, went forth out of the ark. GENESIS 8:8-19

Most men will proclaim every one his own goodness: but a faithful man who can find? PROVERBS 20:6

2.	Each person must be willing to When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? JOHN 5:6
	Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift. Agree with thine adversary quickly, whiles thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison. Verily I say unto thee, Thou shalt by no means come out thence, till thou hast paid the uttermost farthing. MATTHEW 5:23-26
	Avoid the use of charged words
1.	Be for your own emotions, words,
C	ctions, and reactions  For every man shall bear his own burden. GALATIANS 6:5
	Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. JAMES 1:13-15
5.	Refrain from having reruns on old  Be ye angry, and sin not: let not the sun go down upon your wrath:  EPHESIANS 4:26
ź.	Deal with problem at a time Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. MATTHEW 6:34
7.	Deal in the and not in the past Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus. Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. PHILIPPIANS 3:12-14
	And they shall teach no more every man his neighbour, and every man his brother, saying, Know the Lord: for they shall all know me, from the least of them unto the greatest of them, saith the Lord: for I will forgive their iniquity, and I will remember their sin no more. JEREMIAH 31:34
	I, even I, am he that blotteth out thy transgressions for mine own sake, and