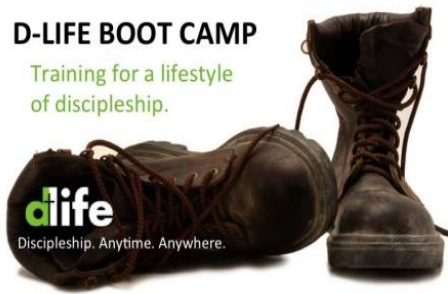


D-LIFE BOOT CAMP

Training for a lifestyle
of discipleship.



Keeping it Real

CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20

Rev. Dr. Deborah Crawley, Teacher
Sis. Tammi Brown, Asst. Teacher

The "Ten Commandments" of Godly Communication

The Bible gives many directives for the words we use in communicating with others. The following are Ten Commandments that reflect fundamental principles of godly communication.

- #1 Your words are to be **truthful**. Prov. 12:22
- #2 Your words are to be **pleasing** to God. Ps 19:14
- #3 Your words are to be **life-giving**. Prov 18:21
- #4 Your words are to be **encouraging**. 1 Thess 5:11
- #5 Your words are to be **gracious**. Eccl 10:12
- #6 Your words are to be **wise**. Prov 10:13
- #7 Your words are to be **few**. Prov 10:19
- #8 Your words are to be **timely**. Prov 15:23
- #9 Your words are to be an **investment**. Prov 12:14
- #10 Your words are to be **loving**. 1 Cor 13:1, Ex 20:16

Communication Survey

The following irresponsible and insensitive ways of communicating, often used by people who are not aware of how disagreeable this style of communication can be, become habits that do not bring glory to God.

Please answer the following honestly:

Disagreeable Ways

Prov 5:21, *"For the ways of man are before the eyes of the Lord, And He ponders all his paths."*

- **Am I dominating?**—monopolizing or controlling conversation
 - **Am I interrupting?**—with a competing spirit
 - **Am I nagging?**—finding fault incessantly
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- **Am I complaining?**—making crisis or problem dominated conversation
- **Am I criticizing?**—dwelling on the negative
- **Am I cutting?**—making jabbing, sarcastic remarks
- **Am I ridiculing?**—making another the object of laughter
- **Am I arguing?**—disagreeing and disputing
- **Am I moralizing?**—lecturing and giving unsolicited advice
- **Am I generalizing?**—simplifying or making light of real concerns

Prov 18:19, “***A brother offended is harder to win than a strong city, And contentions are like the bars of a castle.***”

Defensive Ways

These ten, usually unintentional, self-protective patterns are evasive tactics used to avoid looking at one’s own defects or imperfections.

Prov 28:13, “***He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.***” NKJV

- #1 Am I countering the one who confronts with words of denial?
- #2 Am I evading self-examination by focusing on the faults of the other?
- #3 Am I blaming my responses on the actions of the other person?
- #4 Am I bringing up the other’s mistakes from the past?
- #5 Am I rationalizing my behavior because of the circumstances?
- #6 Am I arguing about a trivial point to evade the real issue?
- #7 Am I changing the subject without responding to what was communicated?
- #8 Am I refusing to talk or respond?
- #9 Am I hiding in work activities to avoid intimacy?
- #10 Am I choosing to ignore grievances and allowing my own feelings to fester?

Prov 15:31, “***The ear that hears the rebukes of life Will abide among the wise.***”

Deceptive Ways

Ten intentional versions of untruthfulness (lies and deceptions) reveal open rebellion and foolhardy denial of God’s claim on one’s life.

Prov 14:8, “***The wisdom of the prudent is to understand his way, But the folly of fools is deceit.***”

- #1 Am I lying?—knowingly giving wrong information/impressions
- #2 Am I blaming?—shifting responsibility to another
- #3 Am I flattering?—complimenting with hidden motives
- #4 Am I gossiping?—telling rumors about others
- #5 Am I boasting?—bragging and flattering myself
- #6 Am I diverting?—changing the subject
- #7 Am I pouting?—refusing to communicate verbally
- #8 Am I patronizing?—pretending to agree or give support
- #9 Am I discriminating?—choosing to hear only what I want to hear
- #10 Am I misleading?—communicating only partial truth

“Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him,” Col 3:9-10