

Life Notes

February 28, 2010
Need Harmony - All Aboard!

"I know you believe you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant." (Communication, Key to your Marriage by Norman H. Wright)

1. What you mean to say.
2. What you actually say.
3. What the other person hears.
4. What the other person thinks he hears.
5. What the other person says about what you said.
6. What you think the other person said about what you said.

"Love and Respect" class - Crazy Cycle!

Without his love, she reacts without respect.

Without her respect, he reacts without love.

1. When your mate is sinking before your eyes because of something said, instead of defending yourself by saying, "That's your problem," admit that it's always also **your** problem.

Matthew 19:4-6 (NKJ)

*And He answered and said to them, "**Have you not read that He who made them at the beginning 'made them male and female,'**⁵ and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh?'⁶ So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate."*

2. Remember the goodwill for your mate.
3. Think about what you might have said or done to step on his or her air hose.

4. Take the Love and Respect approach!

Woman: That felt unloving. Did I just come across as disrespectful?

Man: That felt disrespectful. Did I come across unloving?

James 1:26 (NKJ)

If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless.

Psalm 139:4 (NL)

You know what I am going to say even before I say it, LORD.

Psalm 19:14 (NL)

May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer.

Ephesians 4:17-24 (NIV)

¹⁷So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. ¹⁹Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more. ²⁰You, however, did not come to know Christ that way. ²¹Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. ²²You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

Truthful Words

Ephesians 4:25 (NIV)

Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

Uplifting Words

Ephesians 4:29-30 (NIV)

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. ³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Forgiving Words

Ephesians 4:31-32 (NIV)

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Thankful Words

Ephesians 5:4-5 (NIV)

⁴Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. ⁵For of this you can be sure: No immoral, impure or greedy person—such a man is an idolater—has any inheritance in the kingdom of Christ and of God.

Scriptural Words

Ephesians 5:15-19 (NIV)

¹⁵Be very careful, then, how you live—not as unwise but as wise, ¹⁶making the most of every opportunity, because the days are evil. ¹⁷Therefore do not be foolish, but understand what the Lord's will is. ¹⁸Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. ¹⁹Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, ²⁰always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Could you take the same view of your mate that_____ has?

James 3:8 (NKJ)

But no man can tame the tongue. It is an unruly evil, full of deadly poison.

James 3:2(NIV)

We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.

_____ is the testing or proving ground, the devolving process to prepare us for the ultimate relationship with Christ.