

## How to Break the Silence and Start Talking

*(How to harness the creative power of words)*

(SERIES: Accept No Mediocre Marriage; 05 of 10)  
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“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.” (Eph 4:29)

### Silence is a Sign

Silence is a cover for **unmet expectations**.

Silence is a cover for **unresolved conflict**.

Silence is a cover for **unpacked anger**.

“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ‘In your anger do not sin’ Do not let the sun go down while you are still angry, and do not give the devil a foothold.” (Ephesians 4:25-27 NIV)

### 4 Features of Effective Communication

1. EC is first, **constructive**. It seeks to **grow** the other person and **build** a great life together; neither of which is possible without the **great fertilizer** of good words.

2. EC is second, **centered** on core realities that reveal to the world the presence of **integrity in each of us** as well as the power of our core beliefs to find expression

in words and conversations that do not depend on how we **feel** but on how we **are** and how we **want to be**.

“Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one.” (Mat 5:37 NIV)

3. EC is third, **compassionate**. Out of an integrity centered in love and grace, we seek the highest good of our mate. **Because** we are loved, we have love to give. **Because** we have found mercy, we give mercy. **Because** we have been lavished with patience, we lavish patience on those closest to us.

4. EC is fourth, **clear**. We leave no doubt as to where we stand. And when we stand on the **same page**, we feel loved, energized and free. We know our mate has **our back**. We are clear on what we should do and how we are going to do it as well as what kind of support we can expect from each other!

"When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, O LORD God Almighty." (Jer 15:16)

"My comfort in my suffering is this: Your promise preserves my life." (Psa 119:50)