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BACK AND FORTH

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James 1:19 “You must all be quick to listen, slow to speak, and slow to get angry.”

Three Requirements for Building Healthy Relationships

1. Healthy Relationships Require Good COMMUNICATION.

James 1:19 “Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.”

1 John 1:7 “If we live in the light, as God does, we share in life with each other.”

Ephesians 4:15, 25, 29

“Speak the truth in love,
growing in every way more
and more like Christ...for we
are all parts of the same
body. Let everything you say
be good and helpful, so that
your words will be an
encouragement to those who
hear them.”

Proverbs 18:21 “The tongue
has the power of life and
death, and those who love it
will eat its fruit.”

Proverbs 11:9 “With their
words, the godless destroy
their friends.”

Proverbs 18:6 “Fools’ words
get them into constant
quarrels.”

**Not all words carry
equal weight.**

Ephesians 6:4 “Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.”

**2. Good Communication
Requires
UNDERSTANDING.**

James 1:19 “You must all be slow to speak.”

**Your first priority in a
relationship is to
understand,**

**not to be understood.
God won't sort it out
when you shut Him out.**

Psalm 139:14 “Thank You for making me so wonderfully complex! Your workmanship is marvelous.”

Proverbs 15:23 “Giving the right answer at the right time makes everyone happy.”

**Be quick to listen – so
you can understand the
other person.
Be slow to speak – so you
can be understood.**

Proverbs 20:5 “Someone's thoughts may be as deep as the ocean, but if you

are smart, you will discover them.”

Ephesians 4:26-27 “When you are angry, do not sin. Do not let the sun go down while you are still angry. Don’t give the devil a chance.”

**Understanding turns
conflict into
conversation.**

Proverbs 15:1 “A gentle answer turns away wrath, but a harsh word stirs up anger.”

**3. Understanding
Requires LOVE.**

James 1:19 “You must all be slow to get angry.”

Philippians 2:3-5 “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. **In your relationships with one another, have the same mindset as Christ Jesus.**”

Ephesians 4:2-3, 15 “Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves

together with peace. Speak the truth in love, growing in every way more and more like Christ.”

1 Corinthians 13:4-7 “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

Memory Verse: James 1:19
“You must all be quick to listen, slow to speak, and slow to get angry.”