

EFFECTIVE COMMUNICATION

"Can two walk together without agreeing on the direction?" (Amos 3: 3).

Illustration: Hundreds of years ago, when potters made fine china porcelain, the more transparent the piece was, the more valuable it was. Unfortunately, these valuable pieces were very delicate and easily cracked or splintered. This cracking or chipping could happen during the fire, glaze or for decoration. When a tile cracked the most appropriate rule was to get rid of the piece and start again. However, dishonest piece workers got the cracked pottery and covered it with wax to conceal or disguise the state of the piece and then sold as a perfect piece. As a result, honest potters began to put signs in their work saying, 'This is an honest work', which meant that the tile did not contain wax. The pure and honest communication turns off when you try to hide or disguise, most intimate things ourselves. Transparency and openness are the weapons to overcome this problem.

Introduction: Think of two people trying to walk together, but have not talked about the direction to follow. Over time, or maybe even from the beginning, miscommunication will separate each other, since it is likely that each one will try to go in the direction they please. In the family, poor communication can hinder relationships between parents and children, between husband and wife. We often hear teens say their parents do not understand them or parents say that their children do not listen. Sometimes it seems that within the same family all speak different languages.

· What type of communication is there in our home?
Is there are we need to change?
Are we rough and criticize while we talk? Or do we declare words of blessings, life and love?

A. BAD COMMUNICATION VS GOOD COMMUNICATION

B. Poor communication in the family and marriage, affects all aspects of life.

1. Comments and seemingly innocent questions can cause surprising reactions. For example, did you ever experienced something like this?

- *Husband: "What time is it?"*
- *Wife: "I dont have a clock What do I look like me-Big Ben?"*
- *At this point, he problem. begins Husband (thinking): ". She always so grumpy sure your hormones are out of control"*
- *Wife (thinking): "He thinks I'm his personal slave who can do nothing for himself?"*

C. Communication barriers:

- 1. Offensive words, for causing an explosion of hurtful feelings for the other person. proverbs 15:01**
- 2. Silence, when used as an excuse not to discuss an issue, not to answer questions or to show disinterest.**
- 3. The criticism, they produce a negative and tense atmosphere among family members.**
- 4. Lack of eye contact, so that communication is real eyes see well and avoid evasive.**
- 5. The cries, when speaking aloud, claiming, censoring, the communication process breaks.**
- 6. Not Listen, when we interrupted constantly when we are on the defensive and despise the ideas and feelings of the other person.**

7. *Emotionalism, to communicate, anger or negative emotions should not prevail, accusing resulting problems and suffering we increased it more difficult reconciliation and forgiveness.*

II. RECOMMENDATIONS TO IMPROVE COMMUNICATION

1. **Truth: Ephesians 4:15.** Some people believe they are justified in what they say, because they tell the truth. However, if you tell the truth, but no love or respect, is likely to cause an injury to your partner, children, parents though what he said was true.
2. **Purity: Ephesians 4:29.** Obscene language at home will destroy any possibility of meaningful communication. But if we speak words of encouragement improve communication.
3. **Timing:** It may be that you have chosen an appropriate theme but not the right time to talk about a problem. No communicate things when they first get home Choose a time when your parents, children or partner can respond in a pleasant way.
4. **Appropriate Tone:** Develop a pleasant tone of voice. What matters in many cases is not what you say but how we say it.
5. **Be clear and specific.** Many misunderstandings arise from unclear communication. Try to speak and think as clearly exprésense.
6. **Act positively. 1 Peter 3: 8-10** In many homes the communication is negative, is full of criticism, blame, and judgments. You need to act more positively and express appreciation.
7. **Be courteous and respect the opinion of the Other.** We can do this even when we do not agree. We must be concerned for the welfare of others as our own. We must attack the problem and not attacking the person.
8. **Taking into account the needs and feelings of other family members.** Develop patience and sensitivity to respond to what others say.
9. **Demonstrate interest:** Show interest in listening assisting with head movement changing the face expression, smiling and even tilting the body forward. Take care when one of the members of his family speaks.

Conclusion: good communication, when there is mutual respect and acceptance among parents-mothers / sons-daughters, it increases the chances of developing good communication. Listening loses nothing. Even when the application that makes you and your son / daughter will have a negative response; listen to him without trying to convince them that you are right. Avoid giving nonverbal messages of pain and wrath and anger. And start today to improve their communication allowing God to fill you with His peace opening your heart to Jesus as Lord and Savior.

SINNER' S PRAYER
Lord Jesus I
acknowledge that I
have sinned and that
you died for me, I
now repent and ask
forgiveness. I give
you my life and my

Weekly Announcements:

- 3 Formation: 20 to the 22 of February.
- **Retreat three days of power:** 27 of February to March 1st