

# Communicate From The Heart

Raising Your Emotional IQ

Part 5 of 8

**“All of us make a lot of mistakes. If someone doesn’t make any mistakes when he speaks, he would be perfect.”**

James 3:2 (God’s Word)

Three Marks Of Effective Communication:

1. High Levels Of \_\_\_\_\_.

**“You have heard that it was said to the people long ago don’t break your oath but keep your oath that you made to the Lord. But I tell you don’t swear at all. Either by heaven for it’s God’s throne or by earth for it’s His footstool or by Jerusalem for it’s the city of the great king. And don’t swear by your head for you can’t make even one hair black or white. Simply let your ‘yes’ be ‘yes,’ and your ‘no,’ ‘no’; anything beyond this comes from the evil one.”**

Matthew 5:33-37 (NCV)

**“Reliable communication permits progress.”**

Proverbs 13:17

Four ways to erode trust:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Is Always \_\_\_\_\_.

**“For out of the overflow of the heart the mouth speaks.”**

Matthew 12:34

**“Your souls aren’t harmed by what you eat, but by what you think and say!”**

Mark 7:15 (TLB)

**“Where your treasure is, there will your heart be also.”** Matthew 6:31

3. Makes A Positive \_\_\_\_\_.

**“for he [Jesus] taught them as one having authority, and not as their scribes.”**

Matthew 7:29 (ASV)

Three ways to communicate with impact-

• Be \_\_\_\_\_

**“An honest answer is like a kiss on the lips.”**

Proverbs 24:26

• Be \_\_\_\_\_

**“At the same time, don’t be callous in your exercise of freedom, thoughtlessly stepping on the toes of those who aren’t as free as you are. I try my best to be considerate of everyone’s feelings in all these matters; I hope you will be, too.”**

1 Corinthians 10:33 (Message)

• Be \_\_\_\_\_

**“... Speaking the truth in love...”**

Ephesians 4:15

**“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs...”**

Ephesians 4:29

**“Death and life are in the power of the tongue.”**

Proverbs 18:21