

The Jesus Way of Talking

T-U-F-T-S

From Cracking the Communication Code by Dr. Emerson Eggerichs

T- Truthful Words (Always speak the truth, since the smallest of lies discredits your words of Love or Respect) Eph. 4:20 – 5:21

Eph. 4:25 – “Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another.”

U – Uplifting Words (Always speak in an uplifting way for your spouse’s sake and do not use Love or Respect as a manipulative ploy to meet your own need for Love or Respect.)

Eph. 4:29 – “Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.”

F – Forgiving Words (Knowing my spouse will not be able to love or respect me perfectly, I commit to having a forgiving spirit so that I may never speak hatefully or contemptuously.)

Eph. 4:31-32 – “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

T – Thankful Words (Since it is easy to be negative, focus on your mate’s good qualities and express thanks with positive words of Love or Respect.)

Eph. 5:4 – “and there must be no filthiness and silly talk, or coarse jesting, which are not fitting, but rather giving of thanks.”

S – Scriptural Words (To stay the course in speaking words of Love or Respect, keep your heart in Scripture, trusting in and talking about His promises to help you.)

Eph. 5:19 – “speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord.”

“The scriptural way of talking is not primarily about your spouse, but about your relationship to God in Christ. If you are serious about the Jesus Way of Talking, you will avoid saying anything that contradicts His words. You will avoid being self-absorbed, as a drunken person might be, and instead you will be absorbed in pleasing the Lord with scriptural thoughts, words, and actions. To speak scripturally, you must make a decision to be biblical in your outlook... (WWJD) ... Imagine seeing Jesus just past your spouse’s shoulder, especially in any conversation that is at all tense.”