

## **There is Hope Radio**

**12-8-24-Transcript**

### **Healthy Communication-PreacherRichD**

The following broadcast is sponsored by Standing in the Gap. Our focus is intercessory prayer for individuals, the community of Fairfield Bay, Arkansas, and America. Check us out on the web at [standinginthegap.creatingfutures.org](http://standinginthegap.creatingfutures.org). That's [standinginthegap.creatingfutures.org](http://standinginthegap.creatingfutures.org).

Welcome to There is Hope.

Any advice or counsel given is provided for informational purposes only. Your host for There is Hope, Richard Dover. Welcome to There is Hope Radio.

In today's broadcast, we'll be talking about healthy communication. In my last broadcast, I talked about the spirit of pettiness. When there is pettiness, self-centeredness, agendas, invariably there is unhealthy communication.

There's the spewing of poisonous words, name-calling, labeling, mocking, claiming to know the motives of others. The end result, there is hurt feelings that leads to resentment, bitterness, unforgiveness, and hatred. Obviously, nothing good comes from the spirit of pettiness.

Even if there is not pettiness, an individual may have legitimate concerns. If they communicate their concerns in an unhealthy manner, they do more damage than good, plus what they have to say is less likely to be heard. It should be clear that it would be much better for a family, a community, a nation, if there was healthy communication taking place when there are various viewpoints, perspectives, opinions on various topics.

The first step to healthy communication in each of us is acknowledging that at times we fall short in communicating in a way that is beneficial. So what I wanna do is share some tips on healthy communication, but before I do that, I wanna look and see what the Bible has to say about communication.

In James 1:19, it says, *Know this, my beloved brothers, let every person be quick to hear, slow to speak, slow to anger.*

Ephesians 4:29 says, *Let no corrupting talk come out of your mouths, but only such as is good for building up as fits the occasion, that it may give grace to those who hear.*

Proverbs 15:1 says, *A soft answer turns away wrath, but a harsh word stirs up anger.*

Colossians 4:6 says, *Let your speech always be gracious, seasoned with salt, so that you may know how you might answer to each person.*

Psalms 19:14 says, *Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.*

Colossians 3:8 says, *But now you must also rid yourselves of all such things as these, anger, rage, malice, slander, and filthy language from your lips.*

Proverbs 15:28 says, *The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.*

James 1:26 *Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.*

The last verse is Proverbs 18:20-21, *From the fruit of a man's mouth his stomach is satisfied. He is satisfied by the yield of his lips. Death and life are in the power of the tongue, and those who love it will eat its fruits.*

After hearing these verses, I would think that all that are listening to this broadcast, including myself, have to be saying, ouch, I certainly fall short in how I communicate at times.

I need to learn how to communicate better. Well, that's what we're gonna do. We're gonna share some principles, some tips on how to communicate better.

If we would learn to communicate better, things would be better in our homes, things would be better in our communities, and things would be better in our nation. Well, here are tips on communicating in a more healthy manner. One, speak the truth in love.

There are those that say, I'm speaking truth, take it or leave it. How about instead sharing truth that shows respect to those who you are speaking to? Speak the truth with love in your heart and that you care about the listener that you're speaking to. Number two, watch the words that you speak.

Speak words that are truthful. Avoid gossip, slander, and assumptions. Always remind yourself that the words you speak can bring life or death.

Tip number three is speak with kindness. Speak with kindness, humility, respect, even if you disagree with others. They're much more likely to hear what you have to say.

Number four, be aware of body language. Make eye contact, maintain good posture, and be mindful of facial expressions. We're all guilty of rolling our eyes when we disagree with the person who's talking.

We need to remember how irritating it is to us when someone does this to us. Number five, have empathy. Consider the other person's perspective, emotions, and circumstances.

Number six, be concise. Do not ramble on, never getting to your main points. Number seven, avoid anger and resentment.

Calm down, reflect on your emotions, and respond in a constructive and respectful manner. Number eight, listen actively. Hear what the person is actually saying, not what you think they are saying.

Repeat back what you hear them saying. By doing so, you're letting them know that you value and respect their opinions. The end result is they're more likely to value and respect your opinion.

Number nine, seek forgiveness and reconciliation. If you know you have spoken in an unhealthy manner, stating things that are not based upon facts, you should be more than willing to seek forgiveness for the words you have spoken, going as far as asking for reconciliation. So let me share these tips again, the titles of each one of them.

A reminder, every one of our broadcasts have transcripts with them, so if you go to [thereishoperadio.org](http://thereishoperadio.org), that's [thereishoperadio.org](http://thereishoperadio.org), you'll be able to see the podcast that is titled Healthy Communication, and you'll see a link that you'll be able to listen to this again, and a link that has the transcript, so you can always go and read the transcript. Again, the tips to healthy communication.

One, speak the truth in love.

Two, watch the words you speak.

Three, speak with kindness.

Four, be aware of body language.

Five, have empathy.

Six, be concise.

Seven, avoid anger and resentment.

Eight, listen actively.

Nine, seek forgiveness and reconciliation. I wanna stop there for a moment, right there on seek forgiveness and reconciliation.

I wonder what would happen when individuals who speak words of hatred, or speak words of bitterness, speak words of spite, speak words of mocking words, name calling, labeling, all those different things, what if individuals who are doing that would stop, take a look at what they're doing, or read, you know, we're talking about how you speak, but it's also how you write, because many of these things is what people are doing on, are not doing. I just realized that I should have probably been saying, what you type, what you write on Facebook, on social media, more than what you speak, because a lot of what goes on is going on in social media. And so I wanna, again, look at seek forgiveness and reconciliation.

What if individuals who speak or write words that are poisonous, labeling, name calling, mocking, insinuating, accusing, inferring, gossiping, rumors, what if the individuals that did that, and listen, listen to me closely, some of you listening have done it, you're guilty. What if individuals that were doing those things would truly repent, truly repent, truly ask for forgiveness and try to seek reconciliation? I wanna speak about Fairfield Bay specifically, since our ministry, Stand in the Gap, focuses on the city of Fairfield Bay, but this is across our nation. But what if those in Fairfield Bay who have spoken in an unhealthy manner, written in an unhealthy manner, would actually repent, would actually seek forgiveness and reconciliation? Healing could take place in our community.

So individuals who, if they just took a look, if you went back to your writings and your postings on Facebook, and you read everything you wrote, if you look back, some of you, if you look back, you'd say, well, I found out that was a lie. Well, I found out that was a false accusation. Well, I found out that was a wrong insinuation.

Well, I found out that I was wrong, I made a misunderstanding. What would happen if you would turn around and get on Facebook, on social media, and actually apologize and say, you know, I was wrong? And I could get very specific on things where I've seen, where

individuals have written mean, hateful statements, and it turns out that later on, it turns out it wasn't accurate at all. And so, again, I could go into specifics, but I don't wanna get into the political side of things, because Stand in the Gap tries to stay away from that.

Instead, what I'm gonna do is, I'm just gonna end this broadcast by praying. So Lord God, we have shared how there can be healthy communication. If there was healthy communication, again, in our homes, in our families, in our neighborhoods, in our community, in our nation, things would be much different.

And Father God, we cannot do anything to change what others do, but we can each change what we do. And so I pray for myself first, that I would be careful of the words that I speak, especially with the ones I love the most, because that's where you seem to have the most freedom to speak things at times that are not right, not healthy, not good. So Lord, forgive me how I have spoken in the past and help me to speak differently.

Help me to apply these tips in my own life. But I pray, Father God, there would start being some public repentance in our community. There are individuals who have spoken words of hate, bitterness, resentment, rumors, lies, gossip.

They've been doing it for quite a long time. And over a period of time, it's obvious that some of the things they've said have not been accurate. They've been either lies or they were spoken out of ignorance, out of foolishness.

And Lord, the person is wrong for what they've done. I would pray they would start repenting. I pray they would ask for forgiveness to those who they have spoken evil about, and that there could be healing in the community, that there could be reconciliation in the community.

What would happen in Fairfield Bay and in every city that has the same problem, if those who have spoken inappropriately, have spoken out of anger, have spoken out of resentment, would apologize. Literally go to the individuals that they have harmed and apologize to them. Literally go publicly when they've spoken things that have been wrong publicly, to go public asking for forgiveness and making amends.

There'd be a transformation that would take place. There'd probably be a move of God that would take place if all of us would repent. And then again, publicly repent.

So Lord, I pray that would take place in Jesus' name. So I'm gonna end with a challenge. Listen, there is hope for our community.

When people have done wrong, will repent and ask for forgiveness, it changes the atmosphere. If there'd be more love than the words of spite, there would be a positive atmosphere in our community. And it starts with each of us.

How about each of us making an effort, making a commitment where we have done wrong that will make the amends that we need to make. Where we have spoken evil, that Lord God you forgive us for the evil that we have spoken, and you'd help us to make amends to those so that they too could forgive us. And ask for forgiveness.

And so Lord, maybe there could be some reconciliation in our nation, and there could be a more positive atmosphere. And maybe that love could have more of a role than hate. So I challenge you as you're listening to me, if you've done anything that you shouldn't have done, how about taking care of it now? Well, thank you for listening.

There is hope. I do believe there is hope. I believe when we do what the Bible teaches, that there is hope for a community.

And I believe there's hope for Fairfield Bay. Thank you for listening. Before we end today's broadcast, I wanna share an exciting opportunity that has opened up for our ministry, Creating Futures.

Creating Futures is all about trying to bring positive change in people's lives. And we believe through the power of the gospel, we can do that. We have the opportunity to get the gospel to every home and our local communities of Fairfield Bay, Greer's Ferry, Heber Springs, to every home in the state of Arkansas. We have connections in other cities in America and are able to get the gospel to every home in those cities. The cost for this outreach is \$0. Yes, you heard that correctly. There is no cost. To learn more about this amazing opportunity, go to [standinginthegap.creatingfutures.org](http://standinginthegap.creatingfutures.org). That is [standinginthegap.creatingfutures.org](http://standinginthegap.creatingfutures.org) and click on gospel. You can always give me a call at 1-866-WANT-GOD.

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The focus of Standing in the Gap is intercessory prayer for individuals, the community of Fairfield Bay, Arkansas, and America. To learn more about Standing in the Gap, to obtain a transcript of today's message and other resources, go to [standinginthegap.creatingfutures.org](http://standinginthegap.creatingfutures.org). That's [standinginthegap.creatingfutures.org](http://standinginthegap.creatingfutures.org). And click on There is Hope Radio.