

*"How To Defuse A Bomb, Biblical Conflict Resolution"*  
*"Step Three- Confrontation with Others*  
*"Biblical Communication"*

**PERSONAL APPLICATION**

Review the main lesson outline briefly

1. What part of communication do you struggle with the most? What could you do to help overcome this?
2. How does understanding the 15 principles for communication help you? Discuss the ones that touched you the most and why.

**PRIVATE MEDITATION**

Read the Scripture and identify 1 thought to take with you for that day  
Write down your daily thought under each day

**Monday** – Ephesians 4:1-6

*Thought:*

**Tuesday** – Ephesians 4:7-16

*Thought:*

**Wednesday** – Ephesians 4:17-24

*Thought:*

**Thursday** – Ephesians 4:25-28

*Thought:*

**Friday** – Ephesians 4:29-5:2

*Thought:*

**Saturday**– Colossians 3:12-14

**Sunday**– Step Four – Reconciliation to Others  
"Forgiveness God's Way"

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# How to Defuse A Bomb

## *Biblical Conflict Resolution*

*"Step Three- Confrontation with Others*  
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Ephesians 4:1-16

**I. What is Biblical Communication?**

A. "Speaking the truth in love" – 4:15

B. The three aspects of Biblical communication

1. Motive – To glorify God by doing what is right – 4:3, 15-16, 25-27, 29-5:2
2. Attitude – 4:2, 32
3. Words – 4:15, 25, 29

**II. Practical principles for Biblical communication**

("Christian Counseling" by Dr. Gary Collins).

1. Remember that actions speak louder than words
2. Define what is important and stress it – avoid defensive statements, name calling, and character judgment.
3. Communicate in a way that shows respect to the

other person – Criticism is when one person makes unfavorable, unkind, faultfinding remarks about another. This is looking at what is wrong and then with sarcasm and bitterness calling it to the other person's attention.

4. Be clear and specific
5. Be realistic and reasonable – do not exaggerate
6. Make sure the other person understands you by asking them if they understand.
7. Be truthful
8. Avoid the following – interrupting, putting the other person down, name calling, changing the subject, blaming, sarcasm, pouting, "one up on you" mentality.
9. Avoid getting bitter if you are misunderstood
10. Try to understand how the other person feels –

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avoid "You shouldn't feel that way".

11. Be courteous and do not take advantage of the other person's feelings.
12. Ask questions and listen carefully – avoid lecturing
13. Do not use excuses
14. Speak kindly – avoid yelling
15. Recognize the value of humor

**NOTES**