



healthy relationships

are we okay?

Healthy Communication Promotes Healthy Relationships

Ephesians 4:22-5:2

²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **5** ¹ Follow God’s example, therefore, as dearly loved

children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 4:20-24

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

1. Start with your relationship with Jesus

Ephesians 4:25

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

2. Show up and speak the truth

Ephesians 4:26-27

²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold.

3. Be angry but don't sin

4. Deal with your anger quickly

Ephesians 4:28

²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

5. Take responsibility for your actions so that you may contribute to others

Ephesians 4:29-30

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may give grace those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

6. Don't speak grace-robbing unwholesome words

7. Speak words that help, build up and give grace

Ephesians 4:31-5:2

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. ¹ Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God

8. Get rid of destructive and dysfunctional behaviors

9. Model Christ-like kindness, compassion and forgiveness

10. Always walk in love following the example of Christ