

Pleasant View Proclaimer

Pleasant View church of Christ

Good Communication

April 23, 2017

Issue 309

In a July 2, 2011 website post in *Psychology Today*, Dr. Clifford Lazarus offered several keys to good communication. Among them were: *Make sure you have the attention of the one you wish to communicate with; Try to send clear messages that are both congruent in verbal and nonverbal dimensions; and, Say what you mean and mean what you say.* If good communication doesn't exist, relationships fail, sports teams lose, countries disintegrate, and God and man will not live in harmony.

Here are a few more keys to good, productive communication:

(1). *Empathy.* Do you put yourself in the place of the

other person when you talk to them? Do you consider their feelings and interests? We'll never understand the other person if we don't know where they are coming from.

(2). *Listen.* Colleges train people how to speak, but they don't teach them how to listen. Don't be quick to interrupt someone. Let them finish what they're saying. Don't ignore what they're saying while you're waiting to jump into the conversation.

(3). *Don't try to fix everything.* When someone is sharing a personal issue, we tend to go into "fix it" mode. We instantly become experts in all areas of life. But unless

the other person specifically asks for advice, don't be quick to give it. Just let them vent. Be quiet.

(4). *Control your volume.* Don't fall into the trap of thinking that the louder you speak the more right you are. Avoid sarcasm, condescension, and bragging. Speak to an adult like an adult should. Be mature in your speech.

Ephesians 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."

James Hayes

Items of Note:

- Sam Baker spent the weekend at Vanderbilt being treated for pneumonia.
- Cody Kratz will have the first of two surgeries on a mass on his skull this week.
- Our annual singing in this Friday night at 7:00. Our Pleasant View attendance is usually low, so make plans to be with us.
- Saturday morning at 8:00 a.m. we'll have a church building cleaning.

This Morning's Sermon: "Resurrection" Building Fund Contribution Next Sunday

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: Reed

Pray: Baker

Morning Worship

Wait on the Table: E. Walker

Serve: Doug, Simpkins, Billingsley

Pray: John Hayes

Pleasant View church of Christ
2500 Highway 49 East
P.O. Box 189
Pleasant View, TN 37146

Sunday School: 9:30
A.M. Worship: 10:30
P.M. Worship: 6:00
Wednesday Bible Study: 7:00 pm
Phone: 924-9714

I Peter 1:8

“And though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory.”

What kind of man was Boaz before he got married? Ruthless.

*Who was the greatest comedian in the Bible?
Samson—he brought the house down*

Who was the biggest law breaker in the Old Testament? Moses—he broke all ten commandments at once

*Which Bible person had no parents? Joshua,
son of Nun.*

Common Excuses For Sinning

Imagine a world where no one sinned. Such a world is nearly inconceivable. There would be no murder, stealing, lying, adultery, or blasphemy. All speech would be encouraging. All marriages would be permanent. All entertainment would be wholesome. But we don't live in that world. We live in this one. And every day we see the horrible effects of sin. So why would anyone, particularly a Christian, want to sin? The answer is simple—sinning feels good. But when the thrill is gone and reality sinks in, we tend to excuse our poor behavior. Here are the most common excuses for sin:

(1). *It wasn't my fault.* Some believe that even though they made a con-

scious decision to sin, the fault of sin should fall on someone or something else. Avoiding responsibility for sin is as old as the Garden of Eden, where Adam blamed the woman for his sin.

(2). *I was born this way.* Some have blamed the genetic code for their sinful behavior. They believe that sinning is something they are *forced* to do by powers beyond their control.

(3). *I believe in grace.* The first century Roman church evidently used this excuse. Paul had to correct their error by stating, “Shall we go on sinning that grace may increase? God forbid!” (Rom. 6:1-2). Grace is

not a license to sin. Rather, grace teaches us to deny ungodliness (Titus 2:12).

(4). *Everybody is doing it.* Romans 3:23 has been used by some as an excuse to sin: “For all have sinned and fallen short of the glory of God.” Since all people sin, then it's okay for me to sin, they think. But some people sin by murdering others, so is it okay for us to murder because others sin that way? Of course not. We should not excuse sin simply because it is prevalent among human beings.

Don't excuse sin. Avoid it. Why keep nailing Jesus to the cross?

James Hayes
