

2 Corinthians 6:11-13

Meta talk

Principles of healthy communication

2 Corinthians 6:11-13

“ Our mouth has spoken freely to you, O Corinthians, our heart is opened wide. You are not restrained by us, but you are restrained in your own affections. Now in a like exchange - I speak as to children - open wide to us also.”

Paul's teaching on the communication process (meta talk)

2 Corinthians

Ch. 1:1-6:10

Ch. 6:14 - 23:14

Paul's teaching on Theology and Ethics

2 Corinthians 6

“¹¹ Our mouth has spoken freely to you, O Corinthians, our heart is opened wide. ¹² You are not restrained by us, but you are restrained in your own affections. ¹³ Now in a like exchange - I speak as to children - open wide to us also.”

“I have been very unguarded in my communication so that you see my true heart. Your guardedness comes from your own feelings not from my intimidation. Lets get on the same wave length, as my children in the faith, open yourselves up to me as I have to you.”

Principle #1

Healthy communication starts with a strong desire to communicate effectively.

Paul takes the initiative in pleading for honest open expression and so should we.

“¹¹ Our mouth has spoken freely to you, O Corinthians, our heart is opened wide. ¹² You are not restrained by us, but you are restrained in your own affections. ¹³ Now in a like exchange - I speak as to children - open wide to us also.”

Four pre-communication postures

Compliant

“I agree with whatever you say.”



Cooperative

“Let's talk”



This is what Paul calls for and so should we.

Conditional

“We can talk only if you agree with my preconditions”



Closed

“There is nothing that we have to say to each other”



Styles of communication



Styles of communication



Styles of communication



Principle #2

Healthy communication is an honest disclosure of the heart & mind

not only from the heart & mind.

Paul communicates both his mind & heart and so should we.

“¹¹ Our mouth has spoken freely to you, O Corinthians, **our heart is opened wide**. ¹² You are not restrained by us, but you are restrained in your own affections. ¹³ Now in a like exchange - I speak as to children - open wide to us also.”

Ephesians 4

“¹⁵ but **speaking the truth in love**, we are to grow up in all aspects into Him, who is the head, even Christ, ¹⁶ from whom the whole body, being fitted and held together by that which every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love.”

Ephesians 4

“25 Therefore, laying aside falsehood, *speaking truth, each one* of you, *with his neighbor*, for we are members of one another. . . . 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, that it may give grace to those who hear.**”

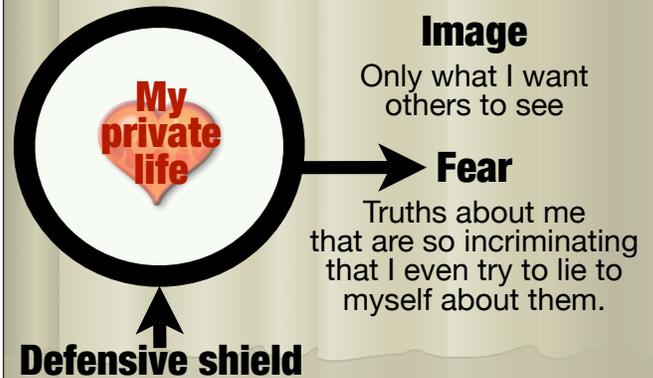
Principle #3

Healthy communication makes it safe for others to share from their mind and heart (not just from their protective shield).

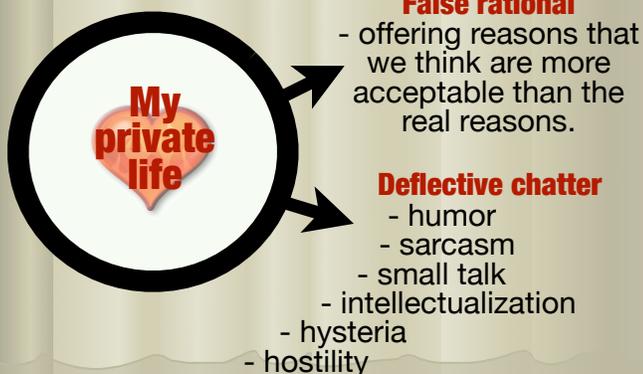
Paul makes it safe for others to take risks and so should we.

“11 Our mouth has spoken freely to you, O Corinthians, our heart is opened wide. 12 **You are not restrained by us**, but you are restrained in your own affections. 13 Now in a like exchange - I speak as to children - open wide to us also.”

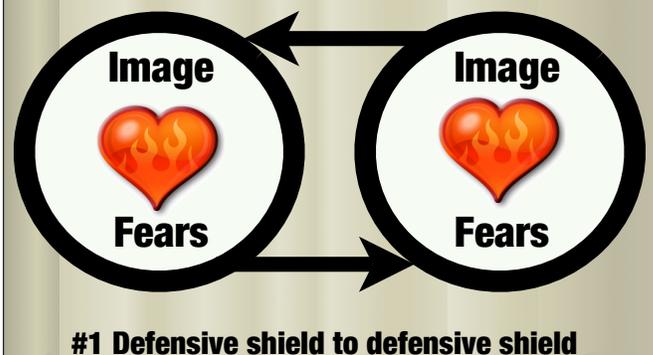
We too often project a false front.



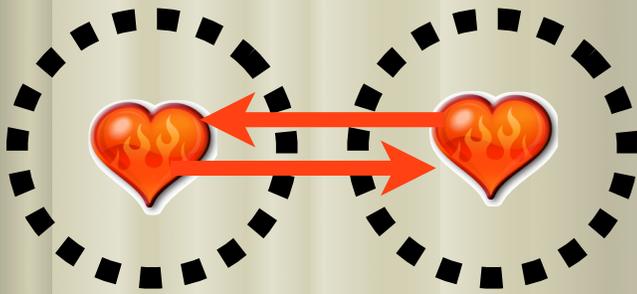
Signs of “shield” talk



Two levels of communication



Two levels of communication



#2 Heart to Heart

Principle #4

Healthy communication speaks honesty and expects the same from others.

Good leaders win support by shooting straight

their ideas & passions to others.

Good leaders win support by listening to understand

the ideas & passions of others.

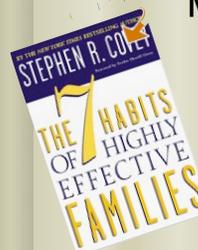
How do you respond to the ideas and feelings of others?



Yes if.



No because.



Making a family covenant – purpose and core values

✦ We covenant as a family to make **effective communication** a priority which means that:

- ✓ We will be **honest** in our interactions (not deceptive, manipulative, or self-protective).
- ✓ We will **make it safe for others** to be effective communicators by empathetically listening to their minds and hearts.