

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. Let's 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"

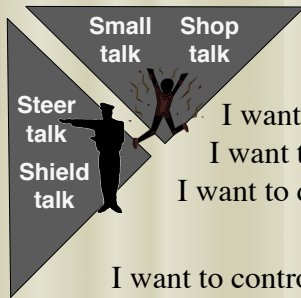


Closed

"There is nothing that we have to say to each other"



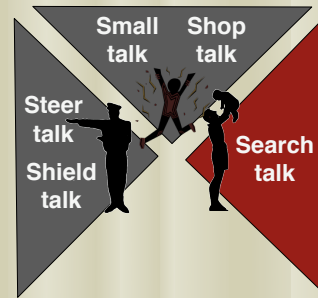
Styles of communication



I want to play it safe.
I want to keep it light.
I want to develop report.

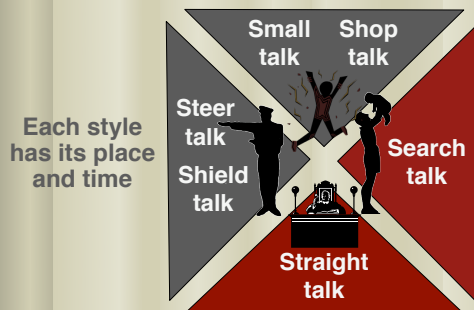
I want to control the situation.
I want to convince you of something.
I want to keep you from getting too close.

Styles of communication



I want to draw you out.
I want your agenda to be center stage.
I want to understand your feelings and ideas.

Styles of communication



Each style has its place and time

These styles are critical to intimate, relational, connections.

I want shoot straight with you.
I want you to know how I feel, what I want, what I fear, & how I understand.

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.**”

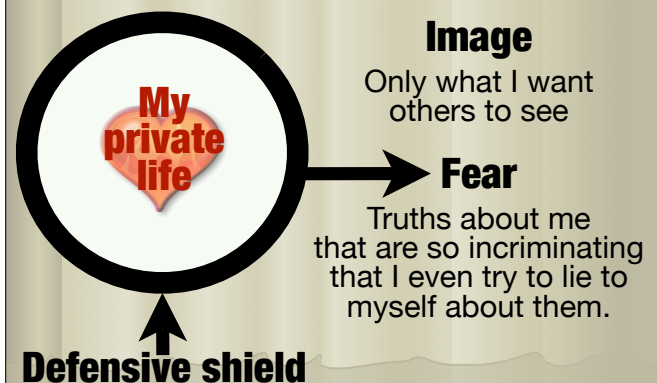
Principle #3

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.

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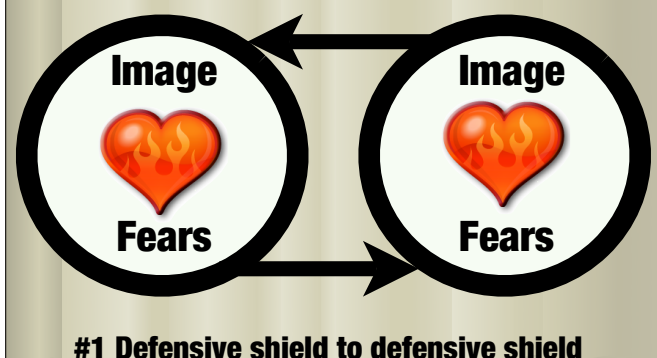
We too often project a false front.



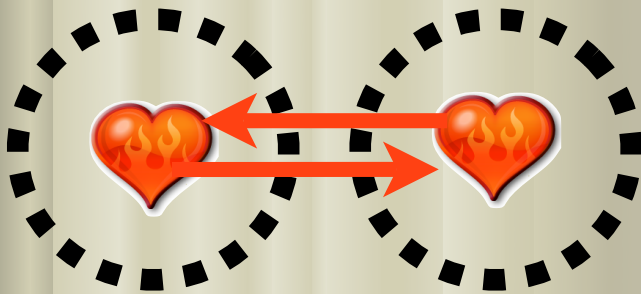
Signs of “shield” talk



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.**

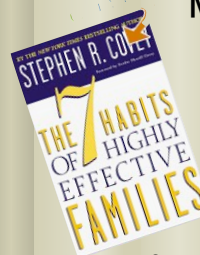
**How do you respond to
the ideas and feelings
of others?**



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.