



Let's T.A.L.K.

A lesson in communication techniques from your friends at Bible Research.



Have you ever felt this way, or has this happened to you?

- Why do I think nobody is listening to me?
- How do I openly share what's on my mind, without it going badly?
- Why is it so hard for me to communicate with a certain person?
- Why do I feel guarded in what I say around a specific person?



**“When you talk, don’t
say anything bad. But
say the good things that
people need—whatever
will help them grow
stronger. Then what you
say will be a blessing to
those who hear you.”
— Ephesians 4:29**



Some thoughts on communication

- Listen first with a humble attitude.
- Listen without taking offense at someone's communication until you've considered their perspective.
- How do you react when a comment triggers an emotion and rocks your boat?
- Accept a person for who they are, including their emotions.
- Emotions matter—it's OK to have them.
- Understand that we each communicate differently.
- It matters how we say things.
- Listen first before forming a preconceived notion.
- Don't shut off the other person's communication.
- Practice being present with the other person.
- Listen before preparing your response.
- Everyone's input is important because different perspectives bring meaningful value to the discussion.



Focus on your behaviors first

“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.” – Matthew 7:1-5



<https://youtu.be/KdMdURep8L8>



Cynicism, Negativity, Pessimism, and Sarcasm

Sometimes we face challenges in relationships with friends, family, or church members, and we may display these behaviors. What can I do to keep peace in my relationships? It depends, and here are a few tips:

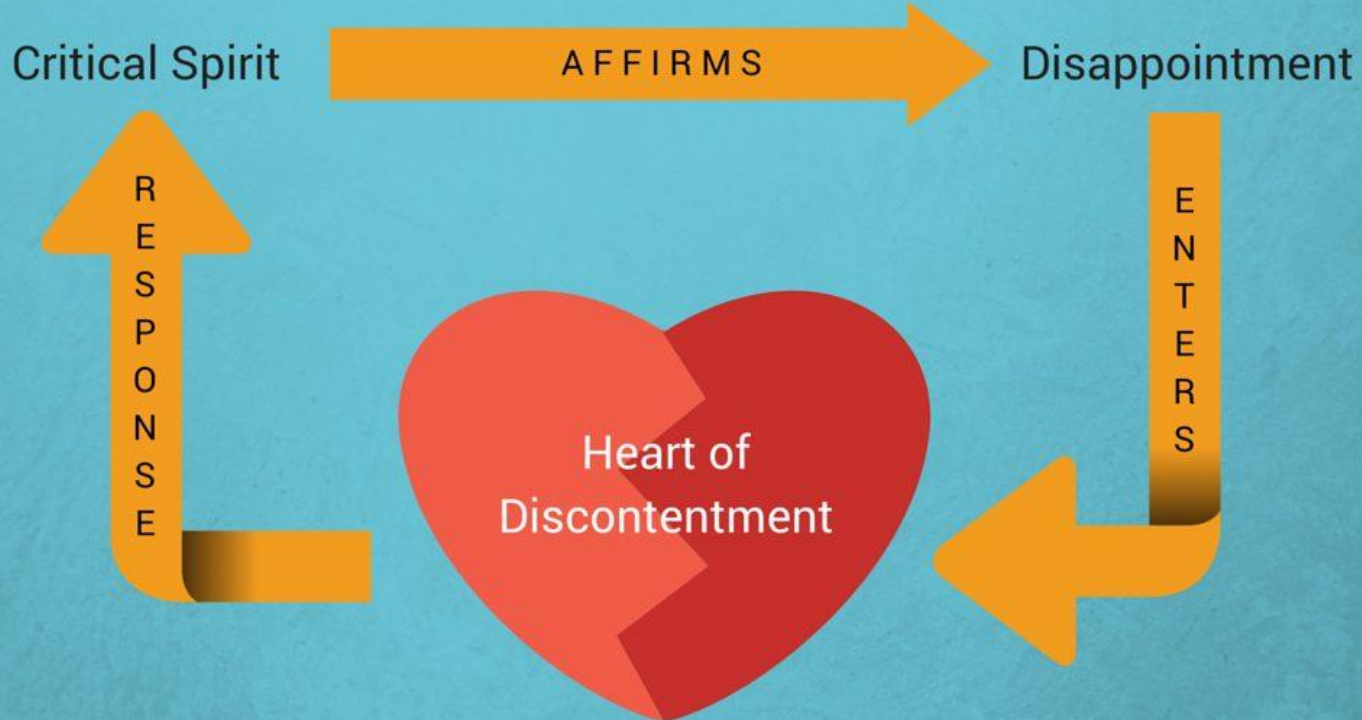
- Ask more questions to understand why the person feels this way.
- Use “I” statements to explain impact: “I feel this way when you do this...”
- Practice redirecting negativity with kindness.
- Accept that someone’s perspective may not be wrong—just different.



More Thoughts

- Give credibility to the other person. Example: “That must really be hard.”
- Validate what they say, even if it doesn’t seem important to you.
- Show empathy—it builds connection.
- Put yourself in their shoes. Ask: What would it feel like to go through what they are experiencing?

The Cyclic Effect of Cynicism



“When we live based solely on the experiences of the past, we poison the well of creativity, spontaneity, and possibility.”

– Jamie & Maren Showkeir

The reason to live positively and communicate with love is to grow out of negativity and move forward learning from the past, while growing into the future.

More Perspectives on Communicating

Let's read more about it in
Ephesians 4:25-32



What you say and do shows who you are

“I tell you that everyone will have to answer for all the careless things they have said. This will happen on the day of judgment. Your words will be used to judge you. What you have said will show whether you are right or whether you are guilty.”

– Matthew 12:36-37



How sweet it is to be loved by you!



“The hearts of the wise make their mouths prudent, and their lips promote instruction. Gracious words are a honeycomb, sweet to the soul and healing to the bones.”

– Proverbs 16:23-24



So how do we communicate more effectively?

At this point, you might be thinking: “I get it—I need to be better at communicating.”

The reason to improve communication is to build peaceful relationships founded on love and harmony—relationships that yield fruitful, positive outcomes.

The T.A.L.K. Method

Take a pause

Ask a question

Listen

Keep at it



Take a pause

The purpose of pausing is to avoid explosive or unrighteous reactions that hinder harmony.

Matthew 5:38-48 - Lessons from Yeshua the Christ on social and emotional intelligence which is to interact with wisdom, grace, and love even in difficult conversations.



Ask a question

Ask questions to genuinely understand the other person's perspective—even if you disagree.

Proverbs 18:13 - A reminder to listen first before responding.



Listen first

The intent of “listen first” is to understand with deep sincerity to learn more about the other person’s thoughts and perspectives.

James 1:19-20 - Wise counsel on the importance of listening and controlling anger.



Keep at It

Commit to motives grounded in righteousness. Even if you disagree, take others' input to heart, learn from it, and grow.

1 Peter 3:9 “Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.”

Do it out of L O V E !



**Love covers a multitude of sins.
When love leads our communication,
relationships flourish.**

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