

# Family Communication Scripture Reference Tool

## **LOVE vs Hate**

Love: 1 Corinthians 13; I John 2:9-11 Anyone who claims to be in the light but hates his brother is still in the darkness. Whoever loves his brother lives in the light, and there is nothing in him to make him stumble. But whoever hates his brother is in the darkness and walks around in the darkness..."

## **Wholesome Speech (Pure/Complete/Building Up) **vs** Unwholesome (shame/insult/condescend/ridicule/belittle )**

Ephesians 4:29-30 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. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

Ephesians 5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

## **SLOW to ANGER vs Quick Tempered**

Proverbs 15:18 A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

Proverbs 16:32 Better a patient person than a warrior, one with self-control than one who takes a city.

Proverbs 22:24 Do not make friends with a hot-tempered person, do not associate with one easily angered.

Proverbs 14:29 Whoever is patient has great understanding, but one who is quick-tempered displays folly.

**TRUTH** (Sincere/forthright/honest/Vulnerable/Open/Accountable) **vs** **Falsehood** (Flattery/Manipulation/Lying/Secrets/Avoidance/Excuses/Blaming/Self-protection/Deception)

## **MERCIFUL vs Easily Offended**

Proverbs 19:11 A person's wisdom yields patience; it is to one's glory to overlook an offense.

Ecclesiastes 7:9 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.

## **RIGHTEOUS ANGER vs Unrighteous Anger**

**Psalms 7:11 God is a righteous judge, a God who displays his wrath every day.**

James 1:19-20 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry for man's anger does not bring about the righteous life that God desires.

Ephesians 4:26-27, 31 In your anger do not sin: Do not let the sun go down while you are still angry and do not give the devil a foothold. Get rid of all bitterness, rage and anger, brawling and slander, along with every more of malice.

Proverbs 29:11 Fools give full vent to their rage, but the wise bring calm in the end.

Matthew 5:22 But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell.

Psalms 37:8-9 Refrain from anger and turn from wrath; do not fret – it leads only to evil. For those who are evil will be destroyed, but those who hope in the Lord will inherit the land.

## **GENTLE SPIRIT vs Harsh Spirit**

Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger.

## **Anger explained in Scripture**

James 4:1-2 What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.