

Listen To This
#3: How To Be Wise With Your Words

1. Know when it's _____?

Proverbs 17:28 *Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent.*

- a) Are there situations where I _____?

Proverbs 17:27 *A truly wise person uses few words...*

- b) Is this person _____?

Proverbs 23:9 *Don't waste your breath on fools, for they will despise the wisest advice.*

- c) What is my _____?

Proverbs 12:23 *The wise don't make a show of their knowledge, but fools broadcast their foolishness.*

2. Communicate words _____?

Proverbs 16:21 *The wise are known for their understanding, and pleasant words are persuasive.*

- a) Listen with the goal of understanding
- b) Re-summarize – “So what I hear you saying is...”
- c) Validate their feelings

3. Deal with _____?

- a) Hold back your _____

Proverbs 29:11 *Fools vent their anger, but the wise quietly hold it back.*

- b) Soften the _____

Proverbs 29:8 *Mockers can get a whole town agitated, but the wise will calm anger.*

4. _____?

Proverbs 31:26 *When she speaks, her words are wise, and she gives instructions with kindness.*

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Validation

That must have hurt like crazy. I'm so sorry.
That's a lot to deal with. It must feel a little overwhelming
That sounds so discouraging
That sounds like it would really hurt/ that must have really hurt
You have the right to feel that way
This must be difficult from you
I'm sorry you have to go through this

Invalidation

Don't be mad about that
Get over it
Don't be so sensitive
It can't be that bad
You shouldn't let it bother you
That's nothing to be upset about
You should feel lucky
At least...
It's really not that bad. Stop whining.
It doesn't bother me so why should it bother you?

When you make a validating statement you should not:

- Make it about you. "I hated it when that happened to me."
- Try to one-up the person. "Oh, you think you have it bad..."
- Tell them how they should feel. "You should feel blessed..."
- Try to give them advice. "What you really should do is..."
- Try to solve their problem. "I'm going to call that girl's parents and..."
- Cheerlead (there is a time for this, but not now). "I know you can do it..."
- Make "life" statements. "Well, life's not fair..."
- Make judgmental statements. "What you did was wrong..."
- Make "revisionist" statements. "If you had only..."
- Make it about your feelings. "How do you think that makes me feel?"
- Make "character" statements. "You're too sensitive..."
- Rationalize another person's behavior. "I bet they were just..."
- Call names. "You're such a baby."
- Use reason or the "facts." "That's not what happened..."
- Use "always"/ "never" statements. "You always get into these situations"
- Compare the person to someone else. "Why can't you be like your sister?"
- Label the person. "You're nuts."
- Advising to cut ties or ignore the situation. "Just ignore him."

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Proverbs 26:5

Be sure to answer the foolish arguments of fools, or they will become **wise** in their own estimation.

Proverbs 10:13 *Wise words come from the lips of people with understanding...*

1. Develop a wise mind

Proverbs 16:23 *From a wise mind comes wise speech;*

Proverbs 29:11

Fools vent their anger, but the **wise** quietly hold it back.

4. Speak with humility

Proverbs 12:15 *Fools think their own way is right, but the wise listen to others.*

Proverbs 26:12

There is more hope for fools than for people who think they are **wise**.

EXTRAVERSES

Translations

Proverbs 12:14

Wise words bring many benefits

Proverbs 12:18

Some people make cutting remarks, but the words of the **wise** bring healing.

Proverbs 13:14

The instruction of the **wise** is like a life-giving fountain;

Proverbs 14:3

A fool's proud talk becomes a rod that beats him, but the words of the **wise** keep them safe.

Proverbs 24:6

So don't go to war without **wise** guidance; victory depends on having many advisers.