

"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. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Be kind and compassionate to one another, *forgiving* each other, just as in Christ God forgave you."

- Ephesians 4:29-32

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Essentials of Good Communication

Create a list of essentials for good communication in your family.

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