



Full Of It

Ephesians 4:29: Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs...

Temperament Assessment bit.ly/gccfree

60 Minutes to Better Communication
Register at trygrace.org/events.

SANGUINES

Two ways to build up:

Listen to their stories
Make eye contact

You may tear down by:

Being too serious
Demanding perfection

MELANCHOLICS

Two ways to build up:

Notice when they need support
Encourage their creativity

You may tear down by:

Dismissing their emotions
Infringing on their space/silence

PHLEGMATICS

Two ways to build up:

Be kind in your criticism
Ask their opinion

You may tear down by:

Expecting things done
on your timeframe
Not listening when
they speak up

CHOLERIC

Two ways to build up:

Give them something to be in control of
Recognize their work

You may tear down by:

Making decisions for them
Not doing what you'll say you'll do

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.**

Didomi: to administer
Charis: grace
Christ-ianity
Grace-tianity
Christ-ians
Grace-tians.

John 13:34: "As I have loved you, so you must love one another."

Are your words full of grace?

God sees you

Indeed, the very hairs of your head are all numbered. - Luke 12:7

God loves you

For he chose us in him before the creation of the world to be holy and blameless in his sight. - Ephesians 1:4

God is here for you

He gives strength to the weary and increases the power of the weak. – Isaiah 40:29

God's hand of protection is upon you

The Lord is faithful; he will strengthen you and protect you... - 2 Thessalonians 3:3

God promises rest

Come to me, all you who are weary and burdened, and I will give you rest. – Matthew 11:28

God's blessing is upon you

Blessed are the peacemakers, for they will be called children of God. – Matthew 5:9

God is with you

Commit to the Lord whatever you do, and he will establish your plans. – Proverbs 16:3

God has your back

You, Lord, have never forsaken those who seek you. – Psalm 9:10