

Love Is...

## SPEAKING TRUTH WITH LOVE:

When things are difficult to say

*Ephesians 4:15 Instead, speaking the truth in love, we will grow...*

### Things that can be difficult to speak about:

#### Sharing my faith

*1 Peter 3:15 But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,*

#### Sharing with someone something I see in their life

*Galatians 6:1 Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.*

#### Sharing things that are important to me:

Boundaries, expectations, feelings, desires, and needs

### Helpful tools to speak truth with love

Ask don't demand

Use "I statements" instead of "you statements"

