



Walk ^{the} Talk

Mean What You Say

Asbury
United Methodist Church

6767 South Mingo Road, Tulsa, Oklahoma 74133
www.asburytulsa.org | 918.492.1771

 facebook.com/asburytulsa

 twitter.com/asburytulsa

How To Mean What You Say And Say What You Mean

When you have a disagreement with a friend or spouse, do you respond with avoidance, anger or denial? Instead, try communicating with emotional integrity. You have to mean what you say and say what you mean—and then allow the other person to do the same. Here are 5 steps to help you do just that.

1. **Give or receive honest input.**

It's important that both people know they are going to be told the truth. Give honest input and be open to receiving the same from someone else. You don't have to say everything you're thinking, but everything you do say has to be accurate.

2. **Listen to the other person and reflect on what he or she is saying and feeling.**

It's important to be an active listener, and that means mastering two important tools: reflection of content and reflection of feelings. Reflection of content means that you listen to the person; then, you verify that what you are hearing is what he or she is actually saying. You have to say, "What I hear from you content-wise is..." to ensure that you have the facts right. Reflection of feelings lets the other person know not just that he or she has been heard, but that you understand where he or she is coming from emotionally.

3. **Accept feedback and respond.**

If you are the person who is giving the feedback, you may have to clarify your point of view if the other person isn't accurately hearing what you are trying to say. If you are the person who is receiving the feedback, accept the clarification. Don't be defensive or interrupt—just listen. Once you are clear on what the other person is really saying, then you can respond appropriately.

4. **Stay in the moment.**

Find a place where you won't be distracted and can devote yourself entirely to talking and listening. When the subject matter is heated, that can be difficult, but you need to stay present. Also, make sure you stick with the issues at hand; keep it relevant. Don't bring up old grudges or sore points when they don't belong in a particular argument. Put boundaries around the subject matter so your conversation doesn't deteriorate into a free-for-all.

5. **Do not quit.**

Do not quit the discussion until it is completed. To keep it from dragging on, you can negotiate a time limit beforehand, so that both of you know how long the conversation will last. Arguments should be temporary, so don't let them get out of hand.

Announcements

A full list of announcements is available at www.asburytulsa.org/announcements.



May 9

An easy and rewarding way to serve our community in the name of Jesus. We do the planning; you simply join us **May 9 from 8:15–noon at Venue**. There are opportunities for all ages, skill levels, individuals and families to serve at various work sites both inside and outside.

Contact Betty at bhiggins@asburytulsa.org or the 2nd Saturday office at ssaturday@asburytulsa.org.

Asbury VBS 2015 DIGGIN' IT June 9–12, 9:00 am–12:30 pm

Time to roll up our sleeves and dig into God's Word! We're planting the seeds so that our kids will know that God's love keeps us rooted and growing strong.

Register online at www.asburytulsa.org.

All registrations made on or before May 17 will be guaranteed a t-shirt.



Patriotic Service

If you would like to play or sing in this year's patriotic service, please contact Sean Groombridge in the music ministry at **918.492.1771**.



Volunteer in Children's Ministry!

At the earliest ages, we teach our children to share. Now, it's our turn. To share our time, wisdom and love with those who need it most—our kids. We invite YOU to share with us in children's ministry by serving as a volunteer for ages 6 weeks to 6th grade from August to May. Find out more about how you can "learn to share" at information tables in the main entry and the south children's entrance.

Contact Heather Horton today at hhorton@asburytulsa.org.

Order of Worship | May 3, 2015

9:15 AM

PRELUDE	<i>Here I Am To Worship</i>	Sean Groombridge
CALL TO WORSHIP		
WELCOME		Rev. Gloria McGee-Denton
ANTHEM	<i>Exhortations</i>	
CONGREGATIONAL HYMNS	<i>O Word Of God Incarnate</i> Hymn #598	
	<i>Break Thou The Bread of Life</i> Hymn #599	
	<i>Thy Word</i> Hymn #601	
SOLO	<i>Do They See Jesus In Me?</i> Angie Cockrell	
PASTORAL PRAYER		Rev. Gloria McGee-Denton
DOXOLOGY		
OFFERTORY		Rosanna Corrales
SCRIPTURE		Matthew 5:33–37
MESSAGE		Mean What You Say Rev. Gloria McGee-Denton
SERVICE OF WORD AND TABLE		
BENEDICTION		Rev. Gloria McGee-Denton
POSTLUDE		Rosanna Corrales

Connect with our pastor:

Rev. Gloria McGee-Denton | gmcgee-denton@asburytulsa.org
twitter.com/runthehumanrace

Daily scripture readings for the upcoming week:

May 4: John 4:1–26

May 5: 2 Samuel 12:1–14

May 6: Matthew 5:38–42

May 7: Exodus 21:23–36, Leviticus 24:17–22

May 8: Matthew 26:57–68

May 9: 1 Peter 2:18–25

Next Week: ***Walk the Talk: Go the Extra Mile***

Order of Worship | May 3, 2015

11:00 AM

SCRIPTURE

Matthew 5:33–37

MESSAGE

Mean What You Say

Todd Craig

SONGS HEARD TODAY

Here & Now

Search My Heart

You Make Me Brave

Holy Spirit

Worship Pastors: Jon Odom, Dick Read

Worship Leader: Chris Cleveland

Connect with our pastors:

Todd Craig | tcraig@asburytulsa.org | twitter.com/tcraig135

Jon Odom | jodom@asburytulsa.org | twitter.com/jonodom

Dick Read | rdread@asburytulsa.org

Notes:

Daily scripture readings for the upcoming week:

May 4: John 4:1–26

May 5: 2 Samuel 12:1–14

May 6: Matthew 5:38–42

May 7: Exodus 21:23–36, Leviticus 24:17–22

May 8: Matthew 26:57–68

May 9: 1 Peter 2:18–25

*Next Week: **Walk the Talk: Go the Extra Mile***