

Communication in Marriage

HOW TO KEEP MARRIAGE ALIVE AND VITAL

- A. Power of Communication - Proverbs 18:21 - "Life and death are in the power of the tongue and they that love it shall eat the fruit thereof!"
- B. Hypocritical Spouses - James 1:26 - "If any man among you seem to be religious, and bridleth not his tongue, and deceiveth his own heart, this man's religion is vain."
- C. Confusing Communication - Evasion, half-truths, etc.
- D. Damaging Communication - Communication through tantrums, anger, rage
- E. Open Communication - means having the freedom/ability to honestly tell one another who we are, how we feel, what we think, what we love, what we esteem/value, what we hate, what we believe, what we fear, what we're committed to, what we hope for...without fear of being eaten alive!

COMMUNICATION KILLERS

- A. Fear
- B. Lack of Honesty
- C. Lack of Listening

PROPER COMMUNICATION

- A. What is Communication?
- B. Ephesians 4:15: "But speaking the truth in love, may grow up into him in all things, which is the head, even Christ.
- C. Proverbs 15:1: "A soft answer turns away wrath, but grievous words stir up anger."
- D. Proverbs 15:4: "A wholesome tongue is a tree of life, but perverseness therein is a breach in the spirit.
- E. Christian Communication - Speaking the truth with love and hearing with an understanding heart.
 - 1. Words of love, kindness, encouragement, praise.
 - 3. Put the appropriate actions to your words.
 - 4. The first responsibility of love is to listen.
 - Listening demands concentration, thinking intently on what has been said, and empathy
 - With the emotions behind it.
 - 5. When you are wrong, don't be afraid to say "I'm sorry", and when you are right, Be Quiet!
 - 6. Communication - Statistical research reveals:
 - Communication = 7% transmitted in words
 - 35% by tone of voice
 - 58% by facial expressions & body language

LEVELS OF COMMUNICATION (least effective first)

A. Surface Communicaton

B. Just Reporting facts - Ephesians 4:27 "Neither give place to the devil"

Four questions concerning fact-speech:

- 1. Is this necessary?**
- 2. Will this edify or lift up? Does it encourage?**
- 3. Does it bless?**
- 4. Will this create a stumbling block, pain, or offense?**

Ephesians 4:29-32:

29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. 30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. 32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

C. Real Feelings and Emotions

Matthew 16:15 - Who do you say that I am? Jesus isn't asking what they are saying in the street, but cares about what they think.

D. Absolute Peak Communication

Matthew 18:19 - If any two shall agree on earth as touching anything they shall ask, it shall be done for them of my Father which is in heaven.

Agree = a Symphony of the Soul - Two hearts sharing together as one without fear

Words are not always necessary at this level.

E. Ezekiel Level of Communication

Ez. 3:15: Then I came to them of the captivity of Tel-abib, that dwelt by the river Chebar, and I sat where they sat, and remained there astonished among them seven days.

Astonished = To be stunned, numb, grieved, speechless, overwhelmed

Communication through Compassion

- A. It doesn't say "I know how you feel"....most of the time that does nothing**
- B. Sometimes the only language that is genuine is to put your arms around them and hold them, embrace them and even cry with them.**
- C. Whatever you are going through, Jesus came from glory to sit where you sit.**