

# COMMUNICATION IN MARRIAGE

Isaiah 50:4; James 3:13-18; Proverbs 15:1,23,28,30; 16:1; Colossians 4:6

Introduction: "Everyone is worth \_\_\_\_\_. Communication is one of the most vital ingredients to a happy marriage. Communication is \_\_\_\_\_ as well as \_\_\_\_\_. Obviously, and yet often not so obvious, communication involves (1) \_\_\_\_\_ and (2) \_\_\_\_\_.

## I. WHAT IS COMMUNICATION?

A. It can be defined as "the interchange of thoughts and feelings." It comes from the same root as " \_\_\_\_\_ " meaning " \_\_\_\_\_ "

B. It is more than just spoken words. It involves:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

C. Communication does not necessarily mean telling everything. Speaking your mind is not always effective communication. Always ask yourself 3 questions: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_?

D. Communication does not necessarily mean that the two people involved will come to the same conclusion. Allow for \_\_\_\_\_ in certain areas.

E. Communication does not mean establishing \_\_\_\_\_ or deciding who is to \_\_\_\_\_.

## II. COMMUNICATION IS ESSENTIAL IN MARRIAGE

A. It provides \_\_\_\_\_.

B. It is thinking together; it \_\_\_\_\_.

C. It \_\_\_\_\_.

D. Communication + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_.

**III. WHY DO HUSBANDS AND WIVES HAVE PROBLEMS WITH COMMUNICATION?**

- A. Differences in men and women
- B. Fear of \_\_\_\_\_
- C. Misreading each others \_\_\_\_\_
- D. Self- \_\_\_\_\_
- E. Built-up faulty \_\_\_\_\_ of response
- F. Unrealistic \_\_\_\_\_
- G. Lack of \_\_\_\_\_
- H. Lack of communication with the \_\_\_\_\_.

**IV. WHAT IS THE BASIS FOR EFFECTIVE COMMUNICATION?**

- A. Know and \_\_\_\_\_ God's \_\_\_\_\_ for your marriage.
- B. Know \_\_\_\_\_ and \_\_\_\_\_ yourself as God does.
- C. Know your \_\_\_\_\_ and accept him or her.
- D. Know and accept the fact that if your marriage is going to improve, \_\_\_\_\_ are the one who must begin to change. (Proverbs 14:1)

**V. AREAS OF COMMUNICATION**

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

**VI. TIPS FOR COMMUNICATION**

- A. \_\_\_\_\_
- B. \_\_\_\_\_

- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_
- F. \_\_\_\_\_
- G. \_\_\_\_\_
- H. \_\_\_\_\_
- I. \_\_\_\_\_
- J. \_\_\_\_\_
- K. \_\_\_\_\_
- L. \_\_\_\_\_

**VII. POTENTIAL DANGER TIMES IN COMMUNICATION**

- A. After the honeymoon
- B. After the birth of a child
- C. When moving or changing jobs
- D. During serious physical illness in the family
- E. When the last child leaves the home-nest
- F. When someone other than the immediate family is living in your home
- G. After the retirement of husband
- H. During extreme pressures and demands of a job
- I. During menopause or period

**VIII. STEPPING STONES TO GOOD COMMUNICATION**

- A. Daily \_\_\_\_\_ your love and admiration
- B. Agree NEVER to criticize in \_\_\_\_\_.
- C. Share your feelings
- D. Listen when you mate talks
- E. Practice a loving \_\_\_\_\_
- F. \_\_\_\_\_ at maintaining a cheerful and optimistic \_\_\_\_\_
- G. Develop some exercises to make your communication more interesting.
- H. Draw out your mate \_\_\_\_\_.

## **IX. RULES FOR LISTENING**

- A. Don't \_\_\_\_\_
- B. Don't \_\_\_\_\_
- C. Don't \_\_\_\_\_
- D. Listen to how he/she feels; make sure you are \_\_\_\_\_:

## **X. RULES FOR TALKING**

- A. Take \_\_\_\_\_ for what you are saying; don't say what you don't mean.
- B. Don't say what the other person \_\_\_\_\_; let him/her interpret and explain.
- C. Don't \_\_\_\_\_ the person.
- D. Don't unleash all \_\_\_\_\_. Accent the positive. (Eph. 4:31)