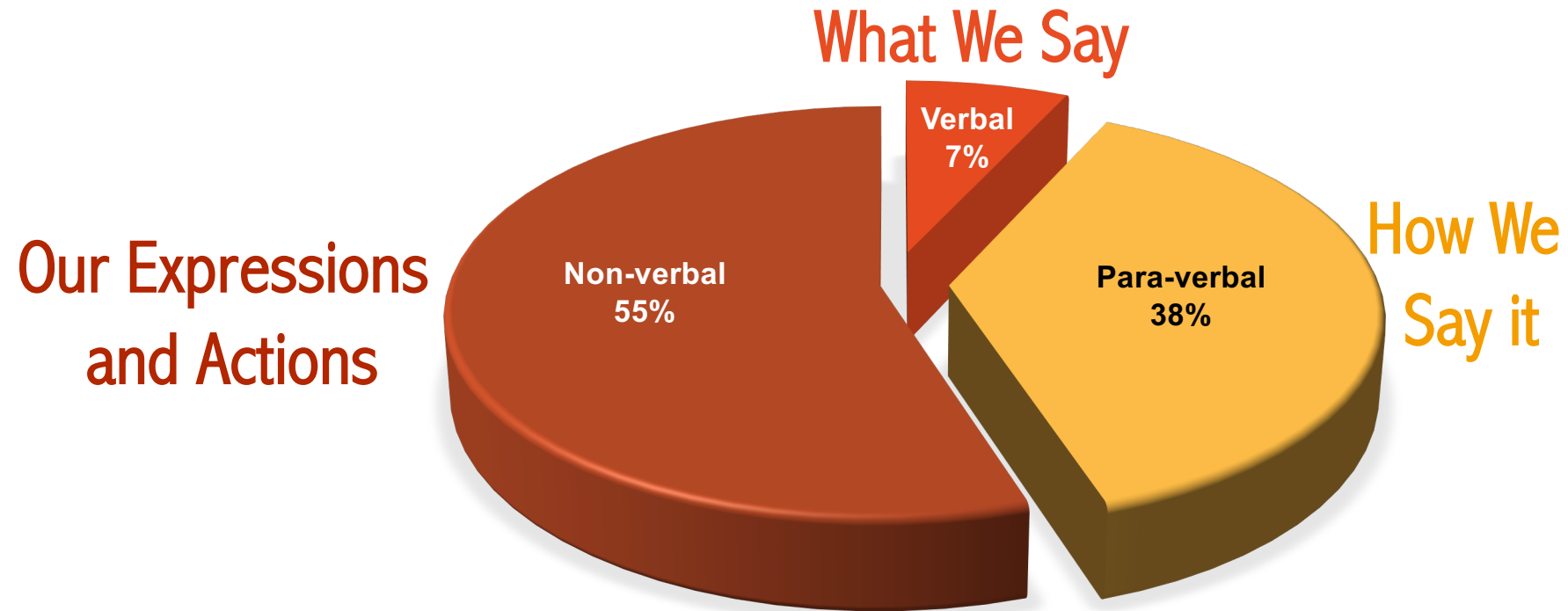


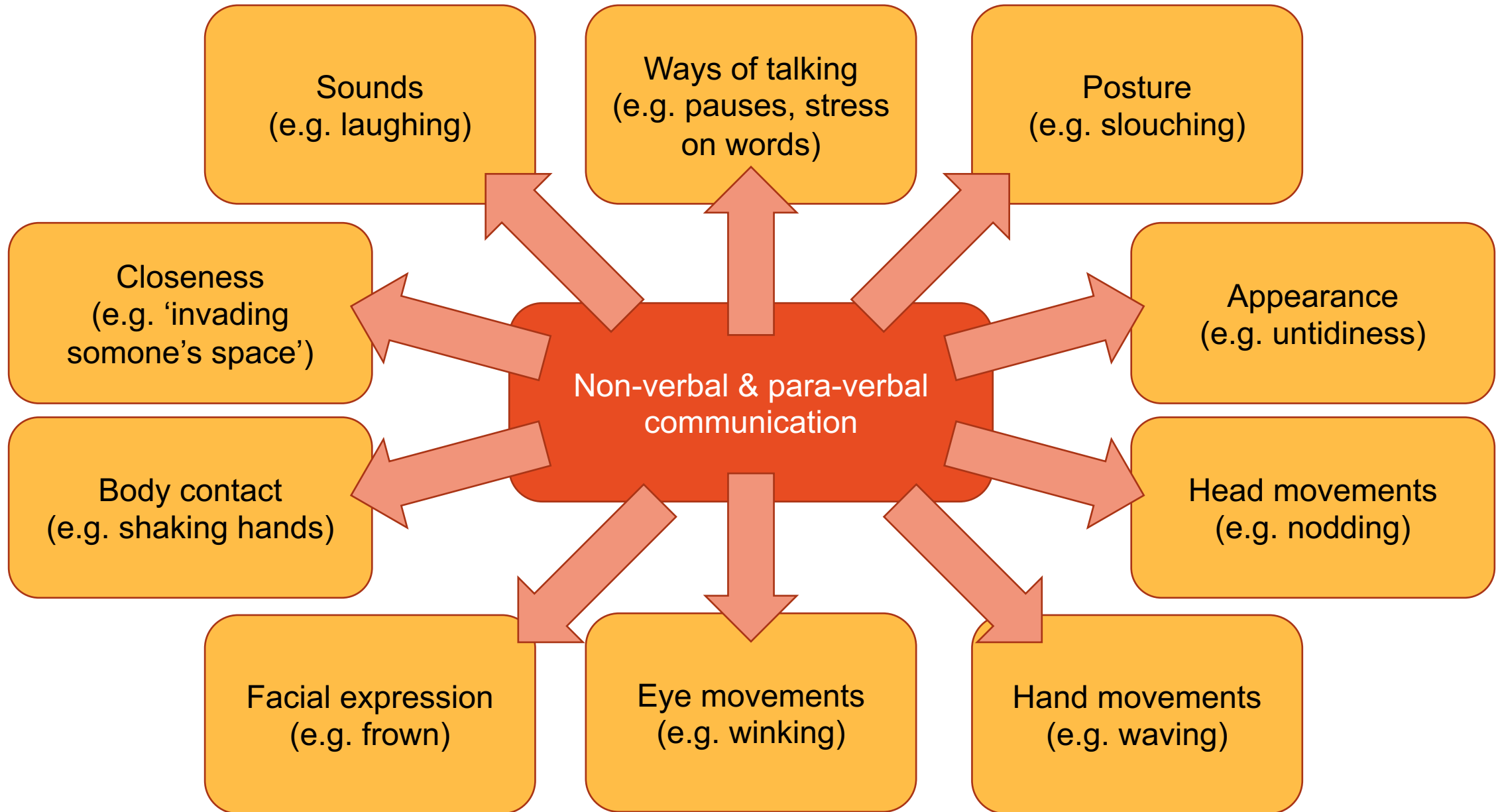
I. What Is Communication

- It is talking and listening
- It uses non-verbal symbols
- A two-way street where the husband/parents and wife/child take responsibility for the orderly flow of ideas.
- Sharing, checking and exchanging of information, ideas, thoughts, ideals, feelings and opinions between husband and wife
- “The God-given privilege and responsibility of the husband and wife sharing all that involves their hearts, their souls, their minds, and their bodies.”

How We Communicate



How We Communicate



II. The Importance of Communication

Positively:

- A. Companionship in marriage demands effective communication.
- B. Adjustments in marriage demands effective communication.
- C. Permanence in marriage demands effective communication.

Negatively:

- A. Relationships go undeveloped.
- B. Feelings and desires go unshared.
- C. Problems go unsolved.

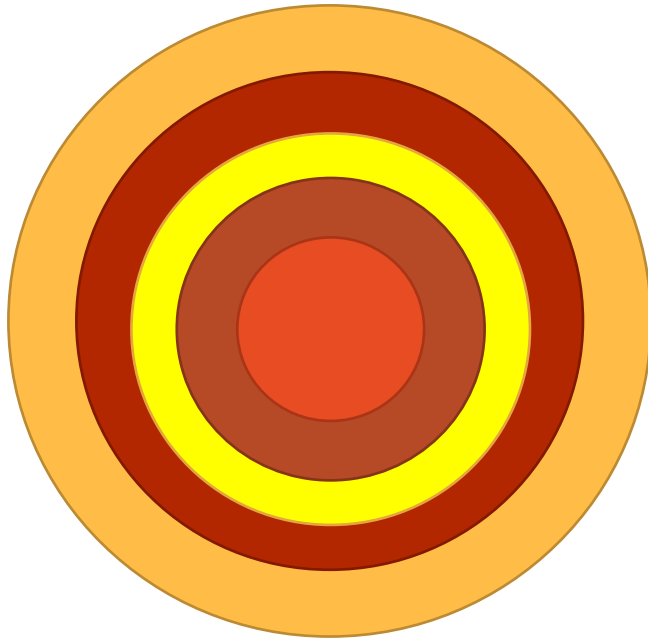
III. The Principles of Communication

A. Be correct (v. 25)

4:25 Wherefore putting away lying, **speaking** every man truth with his neighbour: for we are members one of another. 4:15a But **speaking** the truth in love

1. Don't give "silent treatment"
2. Don't assume
3. Increase level of communication

III. The Principles of Communication



- Absolute openness and honesty
- Difficult:
Risk rejection

Level One:
Cliché Conversation

Level Two:
Reporting Facts about Others

Level Three:
My Ideas and Judgments

Level Four:
My Feelings or Emotions

Level Five:
Complete Emotional and Personal
Communication

III. The Principles of Communication

A. Be correct (v. 25)

4:25 Wherefore putting away lying, speak every man **truth** with his neighbour: for we are members one of another. 4:15a But speaking the **truth** in love

1. Not lies, falsehood or exaggerations
2. Make sure of ...
 - a. Facts
 - b. Feelings
3. We lie to protect relationship from stress

III. The Principles of Communication

Words that will intensify conflict

- You always...criticize me
- You never...come home on time
- You always...criticize me
- You don't love me anymore
- You're worse than ...my mother, friend, boss
- I wish I'd never ...married you, had children with you

III. The Principles of Communication

Words that will reduce conflict

- I feel ...sad about your forgetting our anniversary
- I need ...more affection / attention
- I'm sorry ...for over reacting / my poor choice of words
- You are right about ...my overreaction
- I regret saying ... you/I don't love me/you
- I appreciate your saying ...you love me /I did a great job

III. The Principles of Communication

A. Be correct (v. 25)

But speaking the **truth** **in love** (Eph 4:15a)

in love – the manner of communication

1. Pay attention not only to content but also the manner we say it
2. Don't speak in anger or with a superior attitude
3. Saying right thing in wrong way is sin

III. The Principles of Communication

“I’m being totally honest/truthful”

Honesty has to be balanced with love:

- Is it kind?
- Is it helpful?
- Is it necessary?

III. The Principles of Communication

B. Be current (vv. 26-27)

²⁶Be ye angry, and sin not:

let not the sun go down upon your wrath:

²⁷Neither give place to the devil.

Anger is not necessarily sinful, but it must be short-term

III. The Principles of Communication

C. Be constructive (vv. 29-30)

²⁹ Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

³⁰ And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

Communication needs to be wholesome, gracious, encouraging.

III. The Principles of Communication

D. Be controlled (v. 31)

³¹ Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

E. Be compassionate (v. 32)

³² And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

IV. The Problems of Communication

1. Our Heart (Mt. 12:34b)

- For out of the abundance of the heart the mouth speaketh

2. Our Pride

... keeps us from:

- Opening up
- Admitting when we are wrong
- Asking for forgiveness and forgiving others
- Saying words of affection

IV. The Problems of Communication

3. Our Apathy

Deceived:

- “My communication is not that bad”
- “This is the way that it is,
and the way it is doomed to remain”

4. Our Differences:

Men & women think & express themselves differently

Gender Communication Differences

- Husband

- Talks more about factual events
- Is less sensitive to non-verbal clues
- Sidetracks unpleasant topics
- Prefers to sit quietly and focus on what is being said

- Wife

- Talks more about relationships
- Reads non-verbal communication better
- Focuses on unpleasant topics
- Tends to punctuate conversation with affirmative noises, for instance, “Uh huh” and “OK” to let you know she is concentrating and listening

III. The Practice of Communication

1. Learn to become a good listener

- He that **answereth** a matter **before he heareth** it, it is folly and shame unto him. (Prov. 18:13)
- ... let every man be **swift to hear** ... (James 1:19)
- Taught to read, write, and speak but ...rarely taught to listen
- **Myth:** Listening for those who don't have anything important to say

III. The Practice of Communication

2. Listen without interruption:

- Don't change the subject
- Don't throw in quick solution
- Don't speak hastily without thinking first

3. Listen without divided attention

- People think faster than they speak.
- Can think at 4 or 5 times that rate
- Listen to understand not only what is said but what is meant

III. The Practice of Communication

4. Learn to become a careful speaker:
 - Slow to speak ... (James 1:19)
 - Always pause before answering:
 - The other person feels we've given thought before responding
 - Response to question was not so easily attained

Conclusion

Let the words of my mouth, and the meditation of my heart,
be acceptable in thy sight,
O LORD, my strength, and my redeemer. (Psalm 19:14)

Challenge

Will you work on better communication?