

# Communication in Marriage



# God's Design

- Genesis 2:18 - Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him."
- Genesis 2:24 - Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.
- Ephesians 5:32 - This mystery is profound, and I am saying that it refers to Christ and the church.

Marriage is a purposefully planned, covenant relationship

- 1 Corinthians 2:11-12 - For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.

We cannot know each other or experience oneness if we don't confide in each other

# An Act of the Will

- 2 Corinthians 6:11-13 - We have spoken freely to you, Corinthians; our heart is wide open. You are not restricted by us, but you are restricted in your own affections. In return (I speak as to children) widen your hearts also.

A Babbling Brook personality has no problem expressing all their thoughts and feelings

A Dead Sea personality can be perfectly content not expressing their thoughts and feelings

Which personality type best describes your basic orientation?

If I choose not to talk or listen, I do so by choice and in direct disobedience and rebellion against God's design

# Leveling Up

## 1. Day to Day Events

- Begin by relating the events of the day in great detail
- After a few days, only mention the most important events
- Finally, express your feelings as well as the events
- Visit the locations where you spend much of your time and introduce each other to close friends and associates

# Leveling Up

## 2. Problem Solving or Decision Making

- 1 Corinthians 11:3 - But I want you to understand that the head of every man is Christ, the head of a wife is her husband, and the head of Christ is God.
- Proverbs 31
  - Follow the Biblical pattern
  - Work as a team, encouraging each other to reach his/her maximum potential
  - Express ideas and feelings while seeking to come to a unanimous decision
  - When consensus cannot be reach, give it more time and seek unity again
  - When consensus cannot be reached and a decision must be made, the husband decides what he feels is best and bears the responsibility for the decision
  - The wife should admit her disagreement and willingly work with her husband and accept his leadership

# Leveling Up

## 3. When the Pressure is On

- When you are angry, take turns talking
- When its your turn to listen, don't sit there reloading your guns (James 1:19)
- Seek to understand before seeking to be understood
- When you are truly wrong, don't rationalize, apologize!

# Leveling Up

1. Day to Day Events
2. Problem Solving or Decision Making
3. When the Pressure is On

Where are you getting stuck?



# Overcoming Barriers

- Philippians 2:3-4 - Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

We must think in terms of our own change, not that of our partner

My mate won't talk

I have such a temper

My partner is so selfish

I don't want to hurt him

I know that I lack self-confidence

# Questions?

Toward a Growing Marriage, Dr. Gary Chapman