

VI. The COMMUNICATION in Marriage

(How to have intimate conversation without fighting)

It is this professor's observation that generally, men need to work at communication more so than women. Women are naturally more high verbal than men.

Men often need to learn to talk more and women often need to guard how they talk.



Communication is so vitally important to human relationships. Sin, however, has greatly affected our ability to communicate.

See: James 3:1-12

I. THE POWER OF THE TONGUE (V. 1-6)

- A. IT HAS THE POWER TO _____ (V. 1-4)
1. Power to direct others (therefore its use is serious) (v. 1)
 2. Power to direct your own life (even though its size is small) (v. 2-4)
- B. IT HAS THE POWER TO _____ (v. 5-6)
1. A fire starts off small (v. 5)
 2. A fire heats things up
 3. A fire defiles
 4. A fire spreads
 5. A fire is started from fire

II. THE PROBLEM OF THE TONGUE (V. 7-12)

- A. THE PROBLEM OF HUMAN CONTROL (v. 7-8)
- B. THE PROBLEM OF SINFUL INCONSISTENCY (v. 9-12)

A. The IMPORTANCE of Communication

(Why should I communicate with my spouse?)

1. Without it, _____ go undeveloped
(You remain strangers)
2. Without it, _____ and _____ go unshared
(You open the door for intimate communication outside of marriage)
3. Without it, _____ go unsolved (Mt. 18:15ff)
(You multiply problems by not dealing with them Biblically)

B. The METHOD of Communication

(How should I communicate with my spouse?)

1. **Careful Listening** (Prov. 18:13; James 1:19)
 - a. **Listen without**

- 1) Don't change the subject
 - 2) Don't interject a quick solution
 - 3) Don't speak abruptly without thinking first
- b. **Listen without** _____ (Prov. 4:20; 22:17)
- c. **Listen to** _____ not only what is said but what is meant.
 "Take a look at the question or problem at hand from the other person's point of view.
 You may not agree with it, but you should accurately understand it" (Tim Jordan)
2. **Careful Speaking "Speaking the truth in love . . ." (Eph. 4:15).**
- a. **"Speak" (The method of communication)**
- 1) Don't give the "_____ treatment" (Prov. 18:2)
 - 2) Don't _____ the other person knows what you want or need.
 - 3) Make it your goal to _____ your own level of communication.
- b. **"The truth" (The content of communication)**
- 1) Not lies, falsehood, or exaggerations (Eph. 4:25a)
 - 2) Christians should always speak the truth, because of our oneness with Christ and each other (Eph. 4:25b)
 - 3) Be honest & open with each other.
- c. **"In love" (the manner of communication)**
- 1) We must always _____ up (with our tongue) (Eph. 4:29; Col. 4:6)
 - 2) We must never _____ up (with our tongue) (Eph. 4:26-27, 30:31)

***WARNING:** Evil speech does two things:

- 1) It opens the door for _____ (Eph. 4:27)
- 2) It grieves the _____ (Eph. 4:30)

C. The PROBLEMS in Communication

What is the source of our problems in Communication?

1. **Our** _____ (Jer.17:9)
 The root of our problems is not our tongue but our heart.
 "Out of the abundance of the heart the mouth speaks"
2. **Our** _____ Our selfish pride keeps us from:
 - opening up & becoming vulnerable
 - admitting when we are wrong
 - asking for forgiveness & forgiving others
 - saying words of affection
3. **Our** _____
4. **Our** _____

What are some of the problem areas for communication?

1. **Finances**(How the money is being spent; goals; budget etc.)
2. **In-Laws** (Because of the emotional ties this is a touching area)
3. **Sex** (Frustrations exist because of a failure to talk about desires & needs)
4. **Spiritual Needs** (Lack of agreement over convictions or the will of God)
5. **Personal Habits** (Need to make compromises on Non-moral issues)

What are some of the harmful ways of communicating?

1. Anger - Col. 3:8; James 1:20
2. Quarrelsome - Prov. 15:1
3. Nagging - Prov. 10:19; I Pet. 3:1
4. Criticizing - Gal. 5:15
5. Wrong timing - Prov. 15:23; 25:11
6. Ignoring - Prov. 18:2
7. Without thinking - Prov. 15:28

What do I do and don't do to improve my communication?

1. Identify, confess, and forsake the _____ of not communicating with your mate (Prov. 28:13)
2. Don't talk about your problems with other _____ present (Mt. 18:15) unless you are seeking wise counsel or advise.
3. Talk with the present problem at hand, not the _____ (Phil. 3:12-14)
4. Avoid using _____ charged words (Mt. 7:12; Pr. 15:1)
5. Go out on a _____ periodically, just you and your spouse, and talk (I Pet. 3:7)
6. Provide an open, permissive, accepting atmosphere (James 3:17-18)
7. _____ each other frequently.
8. Seek to _____ not just to be understood (Phil. 2:3)
9. Use _____ words. "Please" "Thank You" "I appreciate that" "I'm sorry"
10. Don't let _____ keep you from admitting need or when you are wrong.
11. When you disagree, don't be _____ (Phil. 2:2-3)
12. When agreement is not reached, the father/husband, as the head of the home, must make a careful, correct, considerate decision and the family/wife must abide by it. (Eph. 4:22,23; 6:1; I Pet. 3:5-7)
13. The bottom line is this: **Seek to please God by everything you say! "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)

WISDOM ABOUT THE TONGUE from Proverbs
"DEATH and LIFE are in the power of the tongue" (Proverbs 18:21).

I. What is a Deadly Tongue? (17:4; 18:6, 7)

- A. A Lying Tongue (6:17; 12:22; 21:6)
- B. A Perverted Tongue (8:13; 10:31; 17:20)
- C. A Flapping Tongue (10:19)
- D. A Slandering Tongue (20:19)
- E. A Hasty Tongue (18:13; 29:20)
- F. A Flattering Tongue (26:23-28; 28:23)

Since what flows out of the mouth comes from the heart,
The key to a new tongue is a spiritual "heart transplant"
(Prov. 4:23-24; Matt. 12:34-37)

II. What is a Life-Giving Tongue? (10:11; 13:3; 14:3; 21:23)

- A. A Wholesome Tongue (15:4)
What is a wholesome tongue?
 1. It speaks encouraging words (12:25)
 2. It speaks spiritual knowledge (20:15)

3. It speaks wisdom and kindness (31:26)

B. A Controlled Tongue

A controlled tongue can:

1. Keep confidentialities (11:12-13)
2. Limit the quantity of words (10:19; 17:28)
3. Guard the quality of words (10:31, 32)
4. Restrict the timing of words (15:23; 25:11)

C. A Healing Tongue (12:18)

D. A Truthful Tongue (12:19)

E. A Pleasant Tongue (16:24)

F. A Soft Tongue (15:1; 25:15)

It pays to speak right! [It pays tangible, fruitful dividends] Prov. 12:14; 13:2