

1

2 **COMMUNICATING CHRIST IN MARRIAGE**

3 **REVIEW**

4 **Genesis 2:21-22**

- *And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof;*
- *And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man.*

5 **Genesis 2:23-24**

- *And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.*
- *Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.*

6 **1. Leave**

- A man is to leave father and mother when he gets married.
 - Scripture teaches that we are to honor parents.
 - So “leaving” doesn’t mean that you are to forsake parents.
 - Rather, it means to loosen your dependency upon them. No other human relationship is to be more important than your marriage.
 - Parents, you have limited time to train children.

7 **2. Cleave**

- *Dabaq* = how skin sticks to bones
- Use of the word in Deuteronomy:
 - *“You shall fear the Lord your God; you shall serve Him and cling to Him, and you shall swear by His name. (Deut. 10:20 NASB).*
 - *“.... To love the Lord your God, to walk in all His ways and hold fast to Him.” (Deut. 11:22 NSB).*

8 **3. Weave**

- “the two shall be one flesh”
 - This is not a reference only to having children
 - It refers to a weaving of their lives together so that each one thinks in terms of the other in making each life decision
- This is where the real work of marriage occurs on a daily basis

9 **HOW DEEPLY DO YOU COMMUNICATE?**

James 1:19-20

10 **Proverbs 18:21**

- *Death and life are in the power of the tongue; and they that love it shall eat the fruit thereof.*

11 **1 Peter 3:10-11**

- *For he that will love life, and see good days, let him refrain his tongue from evil, and his lips*

that they speak no guile:

- *Let him eschew evil, and do good; let him seek peace, and ensue it.*

12 **Levels of communication**

- Frivolous -- Weather, sports, clothes, small-talk ("people are frequently overheard saying nothing")
- Factual – Discuss facts without personal involvement
- Fellowship – Ideas, judgments, philosophies; involves some personal risk

13 **Levels of communication (2)**

- Feelings
 - We talk about how we feel about the facts, ideas, judgments, and philosophies.
 - We open up our heart to let people see inside.
- Freedom
 - We tell the other person everything and don't hold back.
 - We tell our hurts, wounds, fears, passions. We are completely open.
 - Intimacy (Latin *intamus* = inward)

14 **Intimacy**

- This is seldom achieved even within marriage.
- Intimacy = "into me see"
- How do we get to this level?
- How do we handle conflict?

15 **HOW DO YOU RESOLVE CONFLICT?**

16 **Dr. Neal Clark Warren**

- *I know a couple who fight like cats and dogs but they are wildly in love with each other. What's more, I think they have one of the healthiest marriages I know. Does that shock you? If it does, get ready for some bigger surprises.*

17 **Dr. Neal Clark Warren (2)**

- *My thirty years as a psychologist have slowly taught me a difficult to believe fact. The amount of conflict in a marriage only determines the speed at which the marriage is moving toward greatness or toward disintegration.*

18 **Dr. Neal Clark Warren (3)**

- *If you want to sit still in your marriage, rule out all conflict.*
- *If you want your marriage to crash and burn, let conflict rage but refuse to learn the skills necessary for managing it.*
- *Well, managed conflict is like a stairway that can lead you to higher and higher levels of marital greatness.*

19 **In other words...**

- It is not the conflict that matters.
 - Some personality types are more prone to conflict.
 - Some personality types desire to avoid conflict at all costs.
- It is HOW you manage the conflict that counts.

- 20 **James 1:19-21**
- *Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:*
 - *For the wrath of man worketh not the righteousness of God.*
 - *Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.*
- 21 **1. BE QUICK TO HEAR**
- The requirements of listening
- 22 **Carefulness**
- Why did God give you 2 ears and 1 mouth?
 - Care enough to stop and listen.
 - Careful listening encourages your mate.
 - They will open up to talk more.
 - They will feel loved when you listen.
 - Proverbs 1:5 – *"A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels."*
- 23 **Control**
- Proverbs 18:13 -- *He that answereth a matter before he heareth it, it is folly and shame unto him.*
 - This tells us it is stupid to answer your mate before you have heard completely what you are saying.
 - You must listen to earn the right to give a thoughtful response.
 - Control your tongue; do not respond until you have heard the other person.
- 24 **Proverbs 10:19**
- *In the multitude of words there wanteth not sin...*
 - If I talk long enough, I will say something stupid and hurt the one I love.
 - *but he that refraineth his lips is wise.*
 - If I keep my mouth shut, I can at least appear wise.
- 25 **So why do we not listen?**
- Ego
 - What we have to say is more important than what the other person has to say.
 - We are more right than the other person.
 - Our time is worth more than their time.
 - We assume that we already know what they are going to say (or even what they're thinking).
 - We just don't want their point of view.
 - We are too busy preparing a response.
- 26 **Concentration**
- Listen with your eyes (70% of communication is nonverbal).
 - Look at their eyes (anger, joy, confusion, tears, excitement).
 - Watch their body language.

- Lean forward; nod. Your face needs to communicate that you are listening.

27 **Are you listening?**

- One man said, "I am concerned about my wife. She goes around the house talking to herself all the time."
- "Well, does she know she is doing it?" "No, she thinks I am listening to her."

28 **Concentration (2)**

- Avoid selective listening
 - Most of the time we get 20% of what the other person is saying.
 - We tune in, then tune out to analyze or prepare a response. Then we tune in again.
- Give the other person 100% of your attention.
 - Don't prepare responses until it is your time to speak.
 - Then be thoughtful before you speak.

29 **Consideration**

- Take time to assess what the other person says. Think about it. Ponder it.
- What do their words mean?
 - Sometimes they say one thing and mean another.
 - Sometimes words just get twisted or phrases do not come out correctly. Do not jump to conclusions.
- How are their emotions coloring what they are saying?

30 **Jumping to conclusions**

- Once there was a dog named August who was always jumping to conclusions.
- One day he jumped to the conclusion of a mule.
- That was the last day of August.

31 **Clarification**

- Restate what you think the other person said.
- Or ask, "What do you think I said?"
- If necessary, ask them to repeat what they said.
- You are removing barriers to communication.

32 **2. BE SLOW TO SPEAK**

The communication assassins Judge

Love is kind (1 Corinthians 13:4)

But we play judge, jury, and executioner

"You always" or "You never"

"I told you so"

"You are just like _____"

"All you ever do is _____. Why don't you ever _____."

"You can just leave."

We lay out the blame and condemn the other person.

33 **Professor**

- Love *vaunteth not itself* (1 Cor. 13:4)

- The professor talks down to the other person.
 - “That is stupid.”
 - “You couldn’t understand it if I told you. You’re a woman.”
 - “Men!”

34 **Professor (2)**

- Professor to wife: *“How could you be so beautiful and so dumb at the same time?”*
- Wife’s response: *“God made me beautiful so you’d be attracted to me. He made me dumb so I’d be attracted to you.”*

35 **Psychologist**

- Love is *not puffed up* (1 Cor. 13:4)
- Analyzes why the other person does what they do.
 - “Let me tell you why you said that.”
 - “Do you know why you think that way?”
 - “You do that because _____.”

36 **1 Corinthians 2:11**

- *For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.*
 - We can make decisions about a person’s actions.
 - But we can never know the thoughts, intents, or motives of someone else’s heart.

37 **Historian**

- Love *thinketh no evil* (1 Cor. 13:5)
- Don’t keep score.
 - Sometimes as a diversionary tactic from the real issue, we dredge up something from the past.
- Sometimes we get hysterically historical.

38 **Dictator**

- “My way or the highway.”
- “Try that again and see what happens.”
- “Do that again and you’ll be sorry.”
- “I demand that you _____.”
 - Someone once said: *“The honeymoon is that time between ‘I do’ and ‘You’d better.’”*
- “I can do a better job with your life than you can and when I want your opinion, I’ll give it to you.”

39 **Dictator (2)**

- How dictators coerce others:
 - Withhold money
 - Withhold physical affection
 - Sulking and pouting until they get their way
 - Physical force (never appropriate)

40 **Critic**

- Love *doth not behave itself unseemly* (1 Cor. 13:5)
- Makes unfavorable comparisons with others
 - “Why aren’t you more like _____?”
 - “Why can’t you do it like _____ does it?”
- Never criticize someone over something about which they have no control (upbringing, parentage, etc.)

41 **Preacher**

- Love *rejoiceth not in iniquity* (1 Cor. 13:6).
 - Do not go home and preach this message to your mate.
 - Do not use the Word of God as a club with which to beat your mate.
 - Do not appear “holier than thou.”
- Ruth Graham: *“It is your job to love your husband; it is God’s job to make him good.”*

42 **3. BE SLOW TO GET ANGRY**

43 **Ecclesiastes 7:9**

- *Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.*

44 **Proverbs 29:22**

- *An angry man stirreth up strife, and a furious man aboundeth in transgression.*
- Human anger invariably leads to other sins. This is why *“the wrath of man worketh not the righteousness of God (James 1).”*

45 **Proverbs 16:32**

- *He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.*
 - Want to be a real hero to your family? Conquer anger. Control your spirit.

46 **The 4 Quadrants**

47 **Luke 9:55 – The spirit of anger**

- *But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of.*
- You can have an angry spirit without ever raising your voice.
 - Critical looks and attitude
 - Non-communicative with those having different views

48 **Why Pride Leads To Anger**

- Pride causes us to put ourselves in an exalted position.
- We then react to anyone who fails to reverence and respect us as befits the exalted position in which we have placed ourselves.
- *“Anger rests in the bosom of fools”* (Ecclesiastes 7:9) so angry words prove our foolishness and cause further contention (Proverbs 18:6).

49 **Anger Leads to Cutting Off Someone In Your Spirit**

- We “give place to the devil” when we let our anger remain.
 - Settle conflict before sundown or it will turn to bitterness.
- Purpose of anger is vengeance.

- Vengeance belongs to God (Romans 12:19).
- We take vengeance by cutting off others in our spirit and no longer communicating with them.

50 **How Cutting Off Someone is Like Murder**

- Cutting off someone in our spirits is a decision that we can live without them.
 - The ultimate act of pride.
 - In the body of Christ, we ALL need one another (1 Corinthians 12:21-23).
- A murderer makes a decision that he does not need someone anymore and punishes them by ending their life.
- Therefore those who hate others are like murderers (1 John 3:15).

51 **Anger modalities**

- Avoidance
 - This is running from the problem hoping it will go away. But it just festers and smolders.
- Appeasement
 - This is always giving in and letting the other person have their way to avoid conflict. But we just internalize the conflict.
 - Your stomach will keep score.
- Aggression
 - Flaring up; exploding; throwing things; hurting others.

52 **Resolution modalities**

- Accommodation
 - Make room for what is important to the other person.
- Adjustment
 - You can both change.
 - Practice some give and take; make some compromises.

53 **Resolving issues**

- Pick the right time
 - Don't discuss big issues when your blood sugar is low. 90% of arguments take place just before mealtime.
 - Don't do it on the way to church or a social event.
- Use the right tone
 - No need to raise your voice
 - Proverbs 15:1 -- *A soft answer turneth away wrath: but grievous words stir up anger.*

54 **Resolving issues (2)**

- Get on the right turf
 - Do not air conflicts in public
 - Do not correct in public
 - We sometimes do it in public because we are afraid of the private conversation. But this public airing of dirty laundry causes damage to our reputation and to our marriage.

55 **P-R-A-I-S-E COMMUNICATIONS**

56 **Planning**

- Plan to take time to communicate.
- Planned effective communications often negate the need for emergency communications.
 - Emergency communications – Stop everything to resolve a problem
 - Effective communications – Plan a regular time to talk with your spouse where you can concentrate and be free from distractions (TV, clutter, tricycle-motors)

57 **Reverence**

- Treat the other person with respect.
 - Christ died for them.
 - If He could do that for them, you can take time to make them the center of your world and listen to them intently.
 - Do not interrupt.
 - Clarify what was heard.
 - Ask, "Is there more?"

58 **Adoration**

- Learn to express love for one another in meaningful ways.
 - Court your spouse.
 - Determine their love language (touch, approbation, service, quality time, gifts) – 5lovelanguages.com
 - Adoration includes recognition of the excellent qualities of the other person. What is it about them that you admire?

59 **Intimacy**

- The goal of marital communications is so that each person sees into the heart of the other.
- "Into-me-see"
- You must be willing to open up about your own feelings, fears, and dreams if the other person is ever going to do so.
- Realize that this is a mutual risk and respect that.

60 **Sacrifice**

- Proper communication has as its goal how to bless the other person.
 - Sacrifice your time to do this.
 - Sacrifice your own needs to meet the other person's needs first.
- Give a spoken blessing.
 - Visualizes what the other person is and what they can do in Christ.

61 **Enthusiasm**

- Communicate to your spouse that you would rather spend time with them than with anyone else in the world.
- Be eager to hear your spouse, love them, be alone with them.

62 **P-R-A-I-S-E works with God too**

- Plan to be alone with Him
- Reverence Him as Lord and Master

- Adore Him in the beauty of His holiness
- Intimately commune with His Word
- Sacrifice your ambitions and desires on His altar.
- Enthusiastically embrace time with Him.

63 **The best marriage advice...**

- Strive for closer fellowship to the Lord
- Listen quickly
- Speak slowly
- Don't give into anger