



Fall 2025 Marriage Study | Week 6

Communication in Marriage

Opening Icebreaker (5 minutes)

Prompt:

"What's the most hilarious miscommunication you've ever had with your spouse (or friend)?"

Leader Notes:

- Keep it lighthearted; laughter breaks the ice.
- Transition: *"If we can misunderstand each other in the small things, how much more in the big ones? Tonight, we'll see how the Bible calls us to use words that heal, not harm, in marriage and relationships."*
- If singles are present: broaden to funny miscommunications in friendships or family.

2. Scripture Reflection (15 minutes)

Read Ephesians 4:29 aloud

"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."

Discussion Questions:

1. What stands out most in this verse? Why do you think Paul singles out "corrupting talk" as so dangerous?
2. In marriage, how can words either "corrupt" (tear down, poison) or "construct" (build up, strengthen)?
3. What would it look like for your daily speech at home to consistently "give grace"?

Optional Activity:

Have couples privately write down two recent examples of how they built each

other up and two times they missed the mark. Encourage sharing only if they're comfortable.

Leader Notes:

- Draw attention to the phrase *"as fits the occasion"* – grace isn't just truth; it's timely truth.
- Transition: *"Paul reminds us that our words show what's in our hearts. Let's hear how Jesus puts it."*

Read Matthew 12:34 aloud

"For out of the abundance of the heart the mouth speaks."

Discussion Questions:

4. Why is Jesus' connection between words and the heart both comforting and convicting?
5. What does this teach us about the real source of poor communication in marriage?
6. What heart-level changes might God want to do in you so that your speech reflects more of His grace?

Leader Notes:

- Guide toward gospel hope: *"Change in speech doesn't start with better vocabulary—it starts with a transformed heart."*

3. Purposeful Communication (15 minutes)

From the teaching manuscript: Communication in marriage serves three primary purposes:

- To Know and Be Known
- To Be One
- To Build Each Other Up

Breakout Reflection: (Spouses together, or men/women depending on group makeup)

- Which of these three purposes feels most natural in your marriage right now?
- Which is most challenging, and why?
- Where in your daily or weekly rhythms does communication tend to break down (mealtimes, bedtime, decisions, conflict)?
- What one area of growth would you like to pursue in the coming weeks?

Leader Notes:

- Keep groups small so everyone shares.
- Transition back: *"The gospel shapes how we communicate—not just what we say, but how we say it."*

4. Practicing the Gospel in Communication (10 minutes)

Think → Pair → Share

Prompt from the manuscript: Gospel-shaped communication requires both encouragement *and* correction.

Discuss in Pairs:

- How do you usually respond when your spouse (or a close friend) corrects you? What makes that hard?
- How often do you intentionally encourage your spouse's spiritual growth?
- What does grace look like in your tone and words—especially in conflict?

Come Back to the Group and Ask:

- What's one small, practical step you can take this week to build up your spouse (or close relationships) with your words?

Leader Notes:

- Encourage honesty: it's normal to resist correction.

- Remind: encouragement fuels trust, and trust makes correction easier to hear.

5. Closing Scripture & Prayer (3-5 minutes)

Read Proverbs 15:1 aloud

"A gentle answer turns away wrath, but a harsh word stirs up anger."

Prayer Focus:

- For humble hearts—quick to listen, slow to speak.
- For the Spirit's help to reflect Christ in our words.
- For marriages (and friendships) to grow in grace, truth, and unity through speech.

Leader Notes:

- Consider a prayer circle: each person prays one sentence asking God to shape their words this week.

Optional Homework

Encourage couples (or friends if single) to spend 15 minutes together this week:

1. Share one thing you're grateful for in the other's communication.
2. Offer one gentle correction or area for growth.
3. End in prayer together, asking God for grace in speech.