

How to Stay Married and Like It
Communication – Why does it have to be so hard?

Part 3

April 21, 2024
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1. Understanding should be the goal of communication

Proverbs 18:2 “Fools have no interest in understanding; they only want to air their own opinions.” (NLT=New Living Translation)

Ecclesiastes 5:3 “Too much activity gives you restless dreams; too many words make you a fool.” (NLT)

James 1:19 “Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.” (NLT)

The goal of our communication should always be to _____ our understanding.

2. Communicate in the way your spouse needs to hear

Proverbs 15:28 “The heart of the godly thinks carefully before speaking...” (NLT)

*Proverbs. 16:21 “The wise are known for their **understanding**, and pleasant words are persuasive.”(NLT)*

3. Eliminate communication quenchers

*Proverbs 13:3 “Those who control their **tongue** will have a long life; (and a long marriage) opening your mouth can ruin everything.” (NLT)*

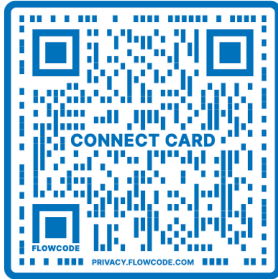
*Proverbs 15:4 “Gentle words are a tree of life; a deceitful **tongue** crushes the spirit.” (NLT)*

Ephesians 4:29 “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.” (ESV=English Standard Version)

10 Communication quenchers

1. Talking _____
2. Devaluing how someone _____
3. _____ comments
4. Busyness
5. Dishonesty
6. D_____
7. U_____

8. YOU statements
9. Bringing up the _____
10. Using _____ to punish your spouse



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Discussion Questions:

1. We all know communication in marriage can be a challenge at times. Discuss what the goal of communication should be. Is this a new concept? How often do we think communicating is getting our point across? How would this definition change our communication in marriage?
2. How can you learn to communicate in the way your spouse needs to hear? Discuss gender differences in communication as well as personality differences in communication. How has this played out in your own marriage?
3. It's obvious from the word of God we need to eliminate attitudes and behaviors that can kill communication in our marriages. Take the rest of the time discussing these 10 "killers" of communication.
4. Share what things you each will be working on in this next week.