

Effective Communication

A. Notice what happens when people do not communicate effectively.

1. Issues remain unclarified (Prov. 18:17).
2. Wrong ideas are not corrected.
3. Conflicts and misunderstandings are unresolved (Matt. 5:23-26).
4. Confusion and disorder occur (I Cor. 14:33, 40).
5. Wise decision-making is thwarted (Prov. 18:13).
6. The development of deep unity and intimacy is hindered (Amos 3:3).
7. Boredom, discontentment, and frustration develop.
8. Interpersonal problems pile up and barriers become higher and wider.
9. Temptation to look for someone more exciting occurs.
10. People do not really get to know each other.
11. People do not receive spiritual help from each other.

B. Notice the various methods of communicating to others. Verbal communication is only one aspect of communicating.

1. Visual communication consists of winking, closed eyes etc.
2. Verbal communication is expressed with a soft voice, a harsh voice, speaking calmly or gruffly. It is more how you say things and what you do not say.
3. Giving notes and letters is a way to communicate to others.
4. Non-verbal communication consists of the following:
 - a. Using facial expressions like smiles and frowns communicates a message.
 - b. Using your body like your hands and feet can communicate to others.
 - c. Your presence or absence communicates to others.
 - d. Helping someone with anything that is important to them communicates.

- e. Giving someone a gift communicates a message.
- f. Using your talents or gifts to serve others is communication.
- g. Your willingness or unwillingness to share sends messages to others.
- h. Your willingness to listen or not listen sends a powerful message.

C. How to stir problems in a relationship.

1. Continually bring up forgiven failures.
2. Continually neglect home responsibilities.
3. Continually express undefined expectations.
4. Continually resist his leadership.
5. Continually show a lack of confidence in your partners decisions.
6. Continually demonstrate an ungrateful spirit.
7. Continually fail to build loyalty for the spouse in the children.
8. Continually expose your marriage problems to others.
9. Continually be inflexible to your partner's priorities.
10. Continually misunderstand what your partner is trying to express to you.

Problems in Marital Communication

<u>Problem</u>	<u>Reaction</u>
1. The husband does not accept himself. rejection.	1. The wife feels the same
2. The husband praises and admires jealous. other women.	2. The wife feels inferior and
3. The husband lusts after other women. needs.	3. The wife feels inadequate in meeting her husband's physical
4. The husband fails to be a spiritual leader.	4. The wife feels insecure.
5. The husband loses his temper and fails to ask for forgiveness.	5. The wife reacts to his pride.
6. The husband has bad manners or feels inconsistent manners. real	6. The wife loses self-worth and isolated from her husband's world.
7. The husband is not alert to dangers the unprotected. the wife faces.	7. The wife may feel
8. The husband allows problems to go unsolved. her	8. The wife can feel helpless and and desire to take matters into own hands.
9. The husband does not support the rebellious wife in child discipline.	9. The wife blames him for children.
10. The husband spends extra money financial pressure that is caused.	10. The wife may resent the on his hobbies but does not permit the wife to spend money.
11. The husband verbalizes love only and	11. The wife will feel degraded

when he wants a physical relationship
love
with his wife.

used and may find it hard to
him.

12. The husband forgets anniversaries and
and birthdays, etc.
cherished or
by her husband.

12. The wife may feel that she is
unimportant and not
valued

13. The husband does not ever praise his
in not
him.
husband.

13. The wife may feel frustrated
wife for things she does for
knowing how to please her

14. The husband insists on making all the
and
judgments and
unwise decisions.

14. The wife will come to resent
decisions and makes bad
resist his future decisions.

15. The husband neglects to do needed
resentment
and impatience resulting in
nagging demands to get the work

15. The wife may build up
home repairs.
done.

Marital Communication

I. Introduction:

A. It is not conversation.

- Conversation consist of an exchange of words about things, ideas, events, etc., in an objective way.

B. Communication is two persons relating in a personal and emotional way.

- It is two people relating mutually with each other about a subject matter in the field of words.

C. The proximity of two people is necessary for communication to take place.

- You cannot know someone else unless you communicate with them. You can not love anything you do not know. Therefore, the depth of love existing between a husband and a wife will largely depend on the amount and depth of their communication.

D. Communication does not include yelling, screaming, sarcasm, innuendoes, digs, or even silence.

- It is adult-type communication, not childish sparring, such as “**He’s going to have to talk first.**” or, “**She started this and she will have to break the ice.**” Nor is it rationalistic thinking with grants permission to force a point by over-working the vocal chords with a blood curdling shout.

E. Communication is not a natural trait. It is a learning process.

- The period of training begins in childhood and reaches as far as possible at the point of death. This means that there are guidelines to learn for its successful mastery.

II. Scriptural Principles of Communication.

- A. Be definite (Matt. 5:37).
- B. Be honest, open and truthful (Eph. 4:25).
- C. Avoid anger, bitterness and bad language (Eph. 4:26-27, 29-32).
- D. Build the other person up (Rom. 15:1-2; Eph. 4:29; 5:20).
- E. Deal with all problems (Matt. 5:23-24; 18:15-18; Gal. 6:1).
- F. Deal with your problem first (Matt. 7:3-5).
- G. Communicate by word and action (I Cor. 7:4-5).
- H. Communicate in love (Eph. 5:25, 28, 33).

III. Creative Differences That Impact Communication.

The Male	The Female
<p>“vulnerable to success”</p> <ul style="list-style-type: none"> a. Achiever (Gen. 3:17-19) b. Sustains children (I Tim. 5:8) c. Work-oriented (Gen. 3:19) Titus 2) d. Externalizes things (Gen. 3:12) e. Vulnerable to criticism in female achievement (Ecc. 3:18-22) husband” f. Independent (Gen. 2:19-20) g. Argumentation (Gen. 2) 	<p>“vulnerable to self”</p> <ul style="list-style-type: none"> a. Helper (Gen. 2:18) b. Produces children (Gen. 3:16) c. Home-oriented (Prov. 31; d. Internalizes things (Gen. 3:13) e. Vulnerable to criticism in “desire shall be to thy (Gen. 3:16) f. Need for frequent reassurance (Prov. 31:28) g. Conscientious (Prov. 31:27)

h. Task-oriented (Gen. 3:19)

h. Social-emotional specialist
(Gen. 3:16)

IV. Guidelines for Communication.

A. The establishment and maintenance of a free atmosphere.

1. Each spouse is free to speak his or her mind to the other.
2. Each spouse is free to expose self to the other with out any fear.
3. Each spouse shows understanding to the other when communicating.

Note: One of the greatest compliments that a husband or a wife can give to the other is, **“I can tell my spouse anything that is on my mind. I can say it without hesitation, apprehension, or fear. I feel comfortable in revealing my innermost thoughts and feelings knowing that they will be received without verbal retribution or ignoring. This includes my failures, my victories, my sadness, my joys, my mistakes, my hopes, dreams wishes, attitudes, aches, pains, or any other concept where my total self may be involved. This even includes my negative emotions such as anger, hate, depression, including those that I have against him or her sometimes.”**

B. Grant mutual respect for each other’s concepts.

1. Respect each other even in disagreement.
2. Respect each other’s identity.
3. Respect each other’s person.
4. Respect each other’s opinions.
5. Be willing to agree to disagree at times.

C. Learn to accept each other and your differences.

1. Acceptance means to assimilate without undue frustration, criticism of or from the spouse.

2. Acceptance means to understand the differences between men and woman, there are different emotional and understanding needs.
3. Acceptance means that all criticism will be constructive not destructive in nature.
4. Acceptance means being willing to receive constructive criticism, knowing it will help one to grow personally.
5. Acceptance means letting the other person know when you are angry and working through it together.
6. Acceptance is granting permission to each other when sensing inattention during the communication process to cease the communication process.
7. Acceptance is recognizing the necessity of verbalizing apologies out of respect, courtesy and love for the other person.

D. Learn to validate the other person while communicating.

1. To validate the other person means to refuse to say things like, "You do not really mean that," or "You are lying," or "That's ridiculous." These responses could display your own defenses used to protect self.
2. To validate the other person is merely allowing the other person to express their identity through words.
3. To validate the other person in the communication process is to refuse to lie.
4. To validate the other person in the communication process is to refuse to bring up the past in a condemning way.

E. Learn how to listen to the other person while communicating.

1. Listening is granting the other person focused attention.
2. Listening is a learned trait not a natural one.
3. Listening enhances the process of understanding and deepens appreciation of the relationship.

4. Listening is an art that requires maturity on the part of both spouses.
5. Listening allows one to gain more knowledge about his or her spouse.
6. Listening allows you to give love to the other person which will deepen your relationship.
7. Listening is not being impatient or a lack of concentration. A careful listener will only interrupt for clarification or understanding in a matter not to make his or her points heard.

V. Ten Commandments for Husbands

1. **Treat your wife with strength and gentleness.**
2. **Give ample praise and reassurance.**
3. **Define the areas of responsibility.**
4. **Avoid criticism**
5. **Remember the importance of “little things.”**
6. **Recognize her need for togetherness.**
7. **Give her a sense of security.**
8. **Recognize the validity of her changing moods.**
9. **Cooperate with her in every effort to improve your marriage.**
10. **Discover her particular, individual needs and try to meet them.**

VI. Ten Commandments for Wives

1. **Learn the real meaning of love, make yourself lovable.**
2. **Give up your dreams of a “perfect marriage” and work toward a “good marriage.”**
3. **Discover your husband’s personal, unique needs and try to meet them.**
4. **Abandon all dependency upon your parents and all criticism of his relatives.**
5. **Give praise and appreciation instead of seeking it.**
6. **Surrender possessiveness and jealousy.**
7. **Greet your husband with affection instead of complaints or demands.**
8. **Abandon all hope of changing your husband through criticism or attack.**
9. **Outgrow the princess syndrome.**

10. Pray for patience.