# THE COMMUNICATION IN MARRIAGE

INTRODUCTION:

Man, having been made in the image of God, is a social being and was made to communicate with God and with fellow man.

70% of our day is spent in communication.
- 9% is writing
- 16% is reading
- 30% is speaking
- 45% is listening

Sin, however, has greatly affected our ability to communicate - James 3:5-12.

## I. The IMPORTANCE of Communication
(Why should I communicate with my spouse?)

A. Without it, relationships go undeveloped
(You remain strangers)

B. Without it, feelings and desires go unshared

(You open the door for intimate communication outside of marriage)

C. Without it, problems go unsolved (Mt. 18:15ff)
(You multiply problems by not dealing with them Biblically)

**II. The METHOD of Communication**
(How should I communicate with my spouse?)

Communication is two-way: 1) Listening
2) Speaking

A. Careful Listening (Prov. 18:13; James 1:19)

1. Listen without interruption

a. Don't change the subject

b. Don't interject a quick solution

c. Don't speak abruptly without thinking first

2. Listen without divided attention

The average person can speak 120-180 words a minute and can think at 4 or 5 times that rate.

If you are not careful, your attention will wander if you do not concentrate on listening.

B. Careful Speaking

"Speaking the truth in love . . ." (Eph. 4:15).

1. Speak
(The method of communication)

a. Don't give the "silent treatment"
(Prov. 18:2)

b. Don't assume the other person knows what you want.

2. The truth
(The content of communication)

a. Not lies, falsehood, or exaggerations
(Eph. 4:25a)

b. Christians should always speak the truth, because of our oneness with Christ and each other (Eph. 4:25b)

3. In love
(the manner of communication)

a. We must always build up (with our tongue) (Eph. 4:29; Col. 4:6)

Simple "rule of thumb" -
"If it won't build up -- Shut up!"

b. We must never blow up (with our tongue)
(Eph. 4:26-27, 30:31)

*WARNING: Evil speech does two things:

1) It opens the door for Satan (Eph. 4:27)

2) It grieves the Holy Spirit (Eph. 4:30)

*Harmful Ways of Communicating:

1) Anger - Col. 3:8

2) Quarrelsome - Prov. 15:1

3) Nagging - Prov. 10:19; I Pet. 3:1

4) Criticizing - Gal. 5:15

5) Wrong timing - Prov. 25:11

6) Ignoring - Prov. 18:2