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## Sex, Love, & Marriage: Healthy Communication

### AS HUSBANDS AND WIVES, WE SHOULD BE ABLE TO COMMUNICATE:

- Our love
- Our feelings
- Our needs
- Our hurts
- Our desires
- Our dreams

### 4 BASIC WAYS HUSBANDS AND WIVES CAN REACT TO CONFLICT:

1. Internalize your anger.
2. Pout and be rude.
3. Blow up in anger.
4. Talk it through with one another.

### HEALTHY COMMUNICATION INVOLVES 4 THINGS:

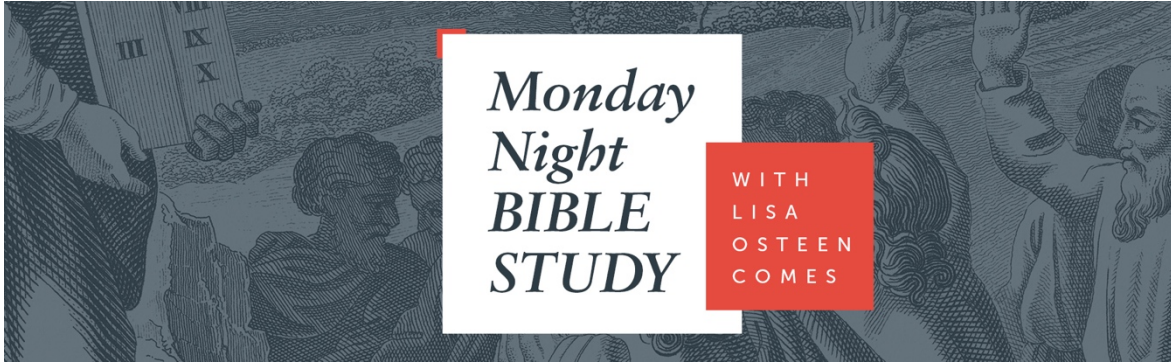
1. Talking.
2. Listening.
3. Understanding.
4. Taking Action.

### COMMUNICATION IS:

- Verbal
- Non-verbal
  - Tone of voice
  - Facial Expression
  - Body Language

### 6 MESSAGES CONVEYED THROUGH COMMUNICATION:

1. What you mean to say.
2. What you actually say.
3. What the other person heard you say.



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4. What the other person thinks they heard you say.
5. What the other person says about what you said.
6. What you think the other person said about what you said.

**WHEN WE COMMUNICATE, WE SHOULD SEEK TO BE:**

- Kind
- Compassionate and tenderhearted
- Good and helpful
- Encouraging

**THINGS THAT ARE PROHIBITED IN THE SCRIPTURE:**

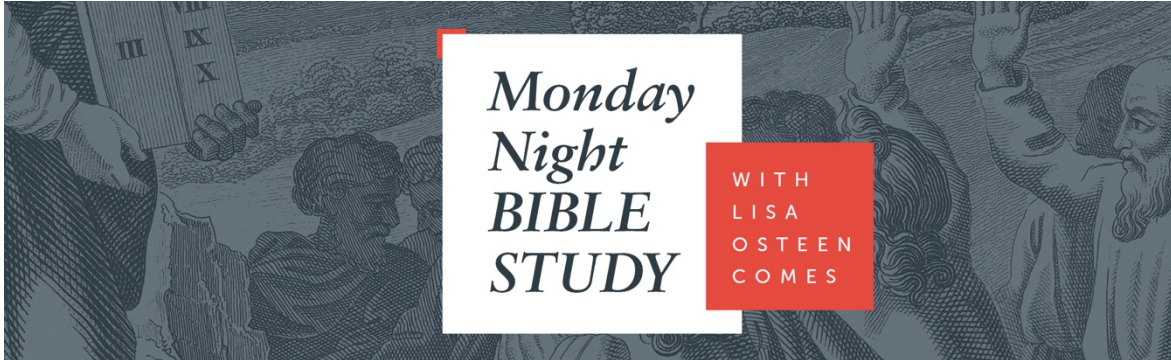
- Foul language
- Abusive language
- Harsh and critical words
- Slander

**WHY PEOPLE ARE NOT TRANSPARENT IN COMMUNICATION:**

1. Fear of being ignored.
2. Fear of being rejected.
3. Fear of being ridiculed.

**KEYS TO HEALTHY COMMUNICATION:**

1. Realize that you need to improve your communication skills. *Proverbs 15:28*
  - Study what the Bible says about your words.
  - Read books to help you improve.
  - Do what it takes to improve.
2. Make the time to have meaningful communication with your family. *John 15:13*
  - Don't allow anything to steal your time with your family.
  - Don't sacrifice time with your family.
3. Every day tell your family that you love them. *1 John 3:11*
  - Communicate your love – verbally and non-verbally.
  - Don't be bossy and rude.
4. Talk about the things that your wife and children are interested in. *Philippians 2:4*
  - Take a genuine interest in the things that they are interested in.



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- Support them in what they do.
- 5. Learn to say I am sorry.
  - Humble yourself and be a peacemaker.
- 6. Become a listener. *James 1:19*
  - Listening means much more than you think.
  - Listening says:
    - You are important to me.
    - I value what you have to say.
    - I care about and love you.

**A FEW THINGS TO HELP YOU BE A BETTER LISTENER:**

- Look at the person who is speaking to you.
- Listen with your heart.
- Give your spouse feedback to let them know you are listening.
- Don't interrupt them or change the subject.
- Don't think about what you are going to say next.
- Don't think you have to have the last word.

- 7. Recognize that a husband and a wife's need for conversation are different.
- 8. Don't expect your mate to read your mind to know what you are thinking.
  - Learn to be honest and open with each other.
- 9. Recognize the importance of timing and how you say something. *Proverbs 25:11*
  - You do not want to approach your mate about a sensitive subject:
    - When you are angry. *Ephesians 4:26*
    - When they walk in the door from work or over dinner.
    - In front of your children or other people.
    - When either one of you are exhausted or hungry.
    - Just before you go to sleep.

**COMMUNICATE WITH KINDNESS:**

- Don't accuse the other person – talk about the real issue.
- Don't be overly dramatic.
- Avoid remarks like, “you always”, “you never”, or “you should”.

- 10. Pray that God will help you become an excellent communicator. *Proverbs 22:11*