

The Dynamic Marriage

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Communication

Communication: Valuing Your Spouses Heart

Key Thought: Communication is about building a bridge to your spouse's heart

Say What? Luke 6:45

45 The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. NIV

- The way you value your spouse is reflected in your speech.
 - The question is: What is stored up in your heart that colors what comes out?
 - It is BOTH what you say and how you say it.
 - Your words reflect the attitudes and the beliefs of many things including what you think about your spouse.
 - What have we stored up regarding our spouse?
 - Our value of them?
 - Our disappointment with them?
 - Our unforgiveness or lack of respect vs love and respect?
 - Our disillusionment with them/the marriage etc vs. our joy?

- Know what is in your heart> BEFORE YOU SPEAK!
 - Psalm 139 “Search me and try me and see if there be any wicked way within me....and lead me in the way everlasting.”
 - The best prep time for a discussion with your spouse may be after you examine your heart.
 - Men> Learn to wait and examine the subject before reacting.
 - Be sure your motive is pure
 - Be sure you are a vessel of the Lord and not just lording it over her to get your “task” done.
 - Women> Learn to wait in silence and not talk through the process.
 - Be sure you motive is pure
 - Be sure you are a vessel of the Lord and not controlling the relationship to fit your need.

What-so-ever is good about Communication:

- >God is honored by a good testimony for Christ as your value each other through God honoring communication.
- >The relationship has a better foundation
- >Companionship and oneness will be enjoyed more/ less energy on just keeping going
- >Disagreements have a safe place to be healed in quickly
- * >Wrong Ideas can be corrected
- >Forgiveness and trust is released easier
- >Good resolve is released together with vision being birthed.

Five Do's and Don'ts for Life Building Communication

(from the Marriage Prayer, by Patrick Morley)

Bottom Line: Eph 4:15

15 Instead, speaking the truth *in love*, we will in all things grow up into him who is the Head, that is, Christ. NIV

Basic Understanding: Eph 4:2-5

2 Be completely humble and gentle; be patient, bearing with one another in love.
3 Make every effort to keep the unity of the Spirit through the bond of peace. 4 There is one body and one Spirit— just as you were called to one hope when you were called— NIV

1. Don't Underestimate Your Differences
 - Value is released when you honor and acknowledge your differences
2. Don't Dismiss Your Spouses Interests
 - Unity means realization that God has created your spouse with unique interests that color and impact their way of seeing things. These are deeper than just a passing thought. They often reflect the "identity" of their heart and character.
3. Don't Consult or Counsel
 - Proverbs 18:13> He who gives and answer before he hears, it is folly and shame to him.
 - Hear the heart of your spouse. Husbands don't solve... and wives don't fix...him.
4. Don't React with Anger or Withdrawal
 - Building walls stop the sanctifying work of the Lord in your marriage.
 - Anger and Withdrawal is pride based and stops the redeeming work of God.
 - We need to stay open to be a vessel for him working through us.
5. Don't Criticize the Person
 - Prov. 21:23 He who guards his mouth and his tongue, guards his soul from trouble.
 - Anger and criticism refers to verbal abuse or> "obscene and derogatory speech intended to hurt and wound someone."
 - Prov 31:26 She opens her mouth in wisdom, and the teaching of kindness is on her tongue.
 - Our attitude is to bring forth life, healing, maturing, wisdom, and vision.
 - **Wisdom** is a deep understanding and realizing of people, things, events or situations, resulting in the ability to choose or act or inspire to consistently produce the optimum results with a minimum of time, energy or thought.