

STUDENT HANDOUT — Seminar 4, Session 4

Communication (Part 1) — What Is Marital Communication?

INTRODUCTION

For a long time I have realized that no matter what area in a relationship you are having a problem, most of the time it goes back to the problem of communication. Marital communication is that part of the relationship that enables a couple to talk together and to listen to each other about all the other areas of concern.

I. There are six messages of communication.

- A. The message you _____ to say.
- B. The message you _____ said.
- C. The message your spouse _____ hears.
- D. The message your spouse _____ he/she hears.
- E. The message your spouse _____ about what you said.
- F. The message you _____ your spouse said about what you said.

II. What does the Bible have to say about communication?

A. James 3:8-10, We cannot control our tongue by ourselves. We must have God's help.

B. Proverbs 25:11, The right word at the right time is very important.

C. Proverbs 18:21, Matthew 12:37, Those who love to talk will experience the consequences.

D. Proverbs 12:18, The tongue can cut like a sword or can bring healing to a relationship.

E. Proverbs 14:29, If our anger is under God's control then so shall our tongue be. If not, then it may be like a fire out of control that will burn us and anything in its path.

F. Proverbs 21:23, The best way to stay out of trouble is to keep your mouth shut. A new translation – be very careful what you say.

G. Proverbs 29:20, We must be careful not to allow our emotions to cause us to explode with what we say and we should think about what we say before we say it.

Marital communication is like _____ in the body. Without it the body dies. With it the body flourishes and functions normally.

III. A happily married couple is a communicating couple.

A. They make it a _____ to talk to each other.

B. They willingly share and convey their _____ when they _____ what is being said.

C. They talk about a _____ of subjects not just the mundane things like work.

D. They carefully _____ the communication channels and keep them open.

E. They carefully express more _____ to each other's feelings.

IV. Listening is the second part of communicating.

A. What is the definition of listening? To really listen means that when another person is speaking, you are not thinking about what you are going to say when the other person stops talking.

B. Listening includes the complete _____ of what your companion says and how it was said without _____.

C. Genuine listening is also the ability to _____ accurately the content and feeling of your companion's message.

D. Listening always takes _____ and personal _____.

V. Nine common hindrances to listening.

A. A spirit of _____.

B. A _____ bias.

C. A variety of different listening _____.

D. Emotional _____ struggles.

E. A habit of _____ while others are speaking.

F. A serious case of _____ overload.

G. A _____ time for discussion.

H. When you are physically _____.

I. A decision of _____ attention.

VI. In marital communication our messages are made up of three integral parts.

A. The _____ of the conversation. _____%

B. The _____ of our voice. _____%

C. The _____ communication. _____%

Research material from Dr. Norm Wright