

Communications

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I. Introduction.

- A. Generally, women have trouble getting their husbands to communicate to them.
- B. Principles of husband-wife communication apply to other relationships. (Isaiah 32:21)
- C. The inability of husbands and wives to communicate is the number one problem in marriage.

II. We are taught not to communicate who we are when we were young.

- A. We become weary by carrying heavy masks.
- B. Communication ceases when the need to conceal becomes stronger than the desire for unity.

III. All communication must take place by speaking the truth in love. (Ephesians 4:15)

IV. Communication is a verbal or nonverbal process of sharing information in such a way where another person understands what we are saying.

V. We build communication bridges with a section of knowing.

- A. Transparency is essential for communication. This is seeing through the surface.
- B. Sincerity is essential for communication. This does not cover up flaws.
- C. We should not cover up our motives.

VI. We build communication bridges with a section of listening.

- A. This tells a person that you accept them and respect them.
- B. Good listeners do more listening than talking. (James 1:19)
- C. We should not second guess the other partner or use their speech as a spring board. (Proverbs 18:13)

VII. We build communication bridges with a section of understanding.

- A. This does not mean we won't have differences.
- B. Understanding checks for meaning.
- C. We need to learn the skill of saying it straight.
- D. We should seek first to understand.

VIII. Dos for good communication.

- A. Begin by checking your own communication with God. (Romans 15:5-7)
- B. If it is agreeable, pray with your husband.
- C. Show your spouse that he has something valuable to say. (Luke 6:31; James 1:19)
- D. Show your spouse you need him.
- E. Talk about the problem and not each other.
- F. Ask him for advice.
- G. Give timely advice. (Proverbs 15:23; 25:11)
- H. Make yourself an interesting and desirable companion.
- I. Greet your husband with gladness.
- J. Accept criticism from a loving point of view.
- K. Be generous with praise and compliments.
- L. Resist natural tendencies to grow apart, to hide and to become negative (Isaiah 53:6; John 3:19-21; Matthew 15:11-19)
- M. Keep short accounts. (Psalm 132:1)
- N. Plan for time alone together.
- O. Keep confidences. (Numbers 15:5-6)
- P. Develop nonverbal communication.
- Q. Admit your mistakes, weaknesses and inadequacies. (James 5:15)
- R. Ask for his forgiveness when you blow it.
- S. Accept him just as he is. (James 1:17)

IX. Don'ts.

- A. Do not put anyone other than the Lord before your husband.
- B. Do not nag. (Proverbs 21:9)
- C. Do not make sweeping statements or compare your husband to someone more successful.
- D. Do not speak unfavorably about his family.
- E. Do not shut off the flow.
- F. Do not point out his faults in public.

- G. Do not give the busy signal.
- H. Do not exaggerate. (Proverbs 15:1)
- I. Do not cut him off or frustrate him.
- J. Do not be hasty with words. (Proverbs 29:20; 15:28)
- K. Do not quarrel. (1 Corinthians 1:10; Ephesians 4:31; Proverbs 17:14)
- L. Do not blame or criticize your husband even in private. (Romans 14:13)
- M. Do not respond in anger. (Ephesians 4:26-27; Proverbs 14:29)

X. Barriers.

- A. Pride. (Proverbs 13:10)
- B. Frustration, bitterness and resentment.
- C. Selfishness. (Ephesians 4:15; Isaiah 43:18)
- D. Misconceptions or preconceived notions.
- E. Confusion and conflict regarding proper roles.
- F. Language.
- G. Tone of voice.
- H. Anxieties of each party.
- I. Defensiveness.
- J. Ridicule.
- K. Talking too much. (1 Peter 3:10)
- L. Living in a world of pretense.
- M. A breakdown in communication with God.

XI. Characteristics of good communication.

- A. Acceptance.
- B. Listening.
- C. Sharing yourself.
- D. Openness and honesty.

E. Keeping confidences.

F. Unity.

G. Being restored.

H. The right timing.

Application questions:

1. What struggles do you have in communication?

2. What is your plan for growth in communication?

3. How can you overcome communication with a spouse who doesn't show a desire to grow in this area? Explain.
