

COMMUNICATION

To be answered by both husband and wife prior to Session 7

1. Please explain what you think it means to communicate adequately with your mate.
2. In what ways can marriage partners help one another express themselves?
3. Please indicate two basic fears that keep people from honest, open expression.
4. How is our expression affected when we feel there is a preconceived image of us?
5. Why is understanding the God-given differences between men and women important in communication?
6. In your opinion, at what age can you begin to communicate well with your children?
7. How do you think communication could be improved in your family?

Session 7 – Communication

Amos 3:3, Philippians 2:2, 4:2

Introduction

One of basic human needs: to be listened to and understood

90% counseling needs: marital

Marriage vows are honest and meaningful but don't solve the need for mutual effort in communication.

Need for agreement, oneness Amos 3:3

Definitions of Communication:

Communication "occurs whenever there is a meeting of meaning between two or more persons. *

"Communication means to overcome the desire to conceal feelings and thoughts and rise to the level of honesty... **

Dialogue "is that interaction between persons in which one of them seeks to give himself as he is to the other, and seeks also to know the other as the other is.*

"The art of marital communication is making it clear to your spouse, by word or touch or gesture exactly what it is you mean by what you say, or exactly what emotions and attitudes underlie the words, inflections, and gestures. ***

"Address and response between persons - a flow of meaning between them in spite of obstacles. ***

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I. Primary conditions

A. Recognize the importance of communication

1. Scriptural guideline regarding unity

Philippians 2:2; Philippians 4:2

2. Unity not uniformity

3. Danger of "side-by-side" involvement without ever really "finding" one another

B. Commitment and courage

Proverbs 13:4

1. Willingness to reveal self

2. Risk of rejection - Proverbs 12:25

3. "If I tell you who I am . . . "

4. Willingness to admit need, the Christian misconception, "I ought to be able to handle it."

C. Personal qualities

1. Honesty (Say what you really mean)

Ephesians 4:25; Ephesians 4:15

a. Guidelines:

1) In love

2) Edifying, developmental - Proverbs 12:18

3) Christlikeness

b. Admit when you're wrong, don't be evasive

2. Openness, teachable willingness to be taught

Proverbs 18:15; Proverbs 25:12