

**Introduction:** It all started with "the car."

**The issue:** Communication or Chaos

**Understanding the communication process:**

- **Definition:** The meeting of \_\_\_\_\_.

"Communication is the privilege of exchanging vulnerabilities."

Norman Wright

"Communication is the process of sharing yourself verbally and nonverbally in such a way that the other person can both accept and understand what you are saying."

Norman Wright

- **The complete message**

Words alone = 7% of meaning

Tone of voice = 38% of meaning

Facial expression

Gestures - posture = 55% of meaning

Total non-verbal

- Five levels of communication

Level	Type	Description
Level 1	Cliché Conversations	Safe, shallow, polite
Level 2	Reporting Facts	Refers basically to third person
Level 3	Idea's or Judgments	Risk begins here (attachment of self with facts)
Level 4	Feelings and Emotions	Laying self on the line
Level 5	Open Communication	Total honesty, "mutual understanding," vulnerability

(Taken from *Why Am I Afraid To Tell You Who I Am?* by John Powell)

## 5 Principles that will transform communication in your home:

1. \_\_\_\_\_ - Speak the truth in love.

*<sup>15</sup>...but speaking the truth in love, we are to grow up in all {aspects} into Him, who is the head, {even} Christ, <sup>25</sup>Finish, then, with lying, and tell your neighbor the truth. For we are not separate units but intimately related to one another in Christ.*

Ephesians 4:15, 25

2. \_\_\_\_\_ - Deal with anger appropriately.

*<sup>26</sup>If you are angry, be sure that it is not out of wounded pride or bad temper <sup>27</sup>Never go to bed angry - don't give the devil that sort of foothold.*

Ephesians 4:26-27

3. \_\_\_\_\_ - **Work hard on your relationship.**

*<sup>28</sup>If you used to be a thief you must not only give up stealing, but you must learn to make an honest living, so that you may be able to give to those in need.*

Ephesians 4:28

4. \_\_\_\_\_ - **Don't wound with your words.**

*<sup>29</sup>Let there be no more foul language, but good words instead - words suitable for the occasion, which God can use to help other people.<sup>30</sup>Never hurt the Holy Spirit. He is, remember, the personal pledge of your eventual full redemption.<sup>31</sup>Let there be no more resentment, no more slander and no more malicious remarks.*

Ephesians 4:29-31

5. \_\_\_\_\_ - **Be the first to say, "I'm sorry."**

*<sup>32</sup>Be kind to one another; be understanding. Be as ready to forgive others as God for Christ's sake has forgiven you.*

Ephesians 4:32

### **Practical skills and suggestions to enhance communication in your home:**

- **The conference - A tool for listening**

Ask Three Questions: 1 - What are you concerned about?

2 - What do you wish?

3 - What are you willing to do?

- **Word pictures - A tool for understanding**

- **"Care" lists - A tool for building**

List seven simple, loving, "caring behaviors" that are non-conflict producing and not expensive that make you feel loved by your spouse.

## Experiencing God's Dream for Your Marriage (Part 3)

## How to "Share Hearts" Instead of "Exchange Words" *Ephesians 4*

### Men

1. Communicates confidence in me
2. Shows affection
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

### Women

1. He calls from work
2. Listens intently to me
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Exchange lists with your spouse and determine to do at least two on his/her list daily for one week.

### Discussion Questions:

1. What did you learn about communication that was new or helpful to you?
2. Which of the **Five Biblical Principles** concerning communication from Ephesians 4 do you do well?
3. For which of the **Five Biblical Principles** do you need to ask God for grace and help to communicate in a way that would honor Him?
4. Which of the **skills** shared do you think would help your relationship the most? The Conference, Word Pictures, or the "Care" List
5. What specific step of faith are you going to take to improve the communication in your marriage?