Experiencing God’s Dream for Your Marriage (Part 3)

How to “Share Hearts” Instead of “Exchange Words”
Ephesians 4

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

<table>
<thead>
<tr>
<th>Level</th>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Cliché Conversations</td>
<td>Safe, shallow, polite</td>
</tr>
<tr>
<td>Level 2</td>
<td>Reporting Facts</td>
<td>Refers basically to third person</td>
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<tr>
<td>Level 3</td>
<td>Idea’s or Judgments</td>
<td>Risk begins here (attachment of self with facts)</td>
</tr>
<tr>
<td>Level 4</td>
<td>Feelings and Emotions</td>
<td>Laying self on the line</td>
</tr>
<tr>
<td>Level 5</td>
<td>Open Communication</td>
<td>Total honesty, “mutual understanding,” vulnerability</td>
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</tbody>
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(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.

   15...but speaking the truth in love, we are to grow up in all {aspects} into Him, who is the head, {even} Christ, 26Finish, 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 (NASB), :25 (Phillips)

2. _______ _________________ - Deal with anger appropriately.

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

   Ephesians 4:26-27 (Phillips)
3. ______ __________________ - Work hard on your relationship.

   Ephesians 4:28 (Phillips)

4. ______ __________________ - Don’t wound with your words.

   Ephesians 4:29-31 (Phillips)

5. ______ __________________ - Be the first to say, “I’m sorry.”

   Ephesians 4:32 (Phillips)

### 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.
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?