

## Communication in Marriage

Good communication between you and your spouse will result in a deeper relationship for your marriage. It will help both of you more effectively deal with the issues of life.

### I. Two Basic Forms of Communication

#### A. Verbal

Good communication is one's ability to speak the \_\_\_\_\_, not just to \_\_\_\_\_ . Ephesians 4:15a

#### B. Action

Our unspoken mannerisms/actions should be under the control of the \_\_\_\_\_ (Ephesians 5:18).

### II. The Destructiveness of the Wrong Words in Communication

#### A. Communication with your mate should not be the dumping ground for your \_\_\_\_\_.

1. Pay attention to \_\_\_\_\_
2. Pay attention to \_\_\_\_\_
3. Pay attention to \_\_\_\_\_

#### B. Don't use demeaning words (Ephesians 4:29a) \_\_\_\_\_

- 1.
- 2.
- 3.

### III. The Positive Power of Words in Communication

#### A. Our words should spiritually benefit our mates (Colossians 4:6)

- 1.
- 2.
- 3.

#### B. Use compliments freely.

- 1.
- 2.

#### C. Praise specifically.

- 1.
- 2.
- 3.

#### D. Use your words to create an atmosphere where positive communication is the norm.

1. \_\_\_\_\_ any accomplishments your mate has achieved.