

Avoiding Communication Confusion

Marriage: Messes & Miracles

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Death and life are in the power of the tongue, and those who love it will eat its fruit.
— Proverbs 18:21

1 PETER 3:10-11

1. Breaking down the wall of separation (Matt. 19:2-8).

2. Communication breakers (Js. 3:2).

3. Building blocks for healthy marriages (1 Pet. 3:7).

4. Shut-up and listen!

*L*ook at your spouse

*I*nvestigate who's talking

*S*top

*T*hink about what he/she is saying

*E*mpathize with your spouse

*N*otice his/her body language

5. Communicators are the best kissers (Prov. 24:26; 31:26).

a) Be honest.

b) Vow to never use put-downs (Eph. 4:29).

c) Do a lot of touching (Lu. 5:13).

d) Learn the habit of repentance (Js. 5:16).

e) Make a commitment to growth (1 Pet. 3:7b).

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