

Marriage Builders

Sharing (Communication)

Ephesians 5:28-29

28 So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself.

29 For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.



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Marriage Sharing (Communication)



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Communication Is A Must



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Communication Is A Must

- ✓ Conveys information important to understanding and betterment of relationship, getting to the heart of the matter.
- ✓ Releases tension that appears when we rightly or wrongly judge another's behavior.

Proverbs 27:6

Faithful are the wounds of a friend...

Proverbs 27:17

As iron sharpens iron, So a man sharpens the countenance of his friend.



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Marriage Sharing (Communication)

How NOT To Communicate

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How NOT To Communicate

- Blaming

2Sam 6:20-23

20 Then David returned to bless his household. And Michal the daughter of Saul came out to meet David, and said, "**How glorious was the king of Israel today, uncovering himself today in the eyes of the maids of his servants, as one of the base fellows shamelessly uncovers himself!**" 21 So David said to Michal, "**It was before the LORD, who chose me instead of your father and all his house, to appoint me ruler over the people of the LORD, over Israel. Therefore I will play music before the LORD. 22 And I will be even more undignified than this, and will be humble in my own sight. But as for the maidservants of whom you have spoken, by them I will be held in honor.**" 23 Therefore Michal the daughter of Saul had no children to the day of her death. >>**6:16 she despised him in her heart**





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Marriage Sharing (Communication)

How NOT To Communicate

- Blaming
- Placating
- Computing
- Distracting
- Ignoring
- Bullying, belittling



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**How Do I Interfere
With True
Communication?**



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Marriage Sharing (Communication)

9 Humongous "Sharing" Principles

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9 Humongous "Sharing" Principles



1

AM I FOR MY SPOUSE! *(DO I REALLY CARE ABOUT THE MARRIAGE?)*

Matthew 5:23-24

23 Therefore if you bring your gift to the altar, and there remember that your brother has something against you, 24 leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

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2

DO I EMOTE WARMTH?

Beginning Of Most Of Paul's Epistles...

Rom 1:8-12 First, I thank my God through Jesus Christ for you all, that your faith is spoken of throughout the whole world. 9 For God is my witness, whom I serve with my spirit in the gospel of His Son, that without ceasing I make mention of you always in my prayers, 10 making request if, by some means, now at last I may find a way in the will of God to come to you. 11 For I long to see you, that I may impart to you some spiritual gift, so that you may be established— 12 that is, that I may be encouraged together with you by the mutual faith both of you and me.



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3

**AM I
EMPATHETIC?**

Proverbs 18:2

A fool has no delight in understanding, But
in expressing his own heart.

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4 DO I CHECK FOR "TURN-OFFS"

Luke 9:51-53

51 Now it came to pass, when the time had come for Him to be received up, that He steadfastly set His face to go to Jerusalem, 52 and sent messengers before His face. And as they went, they entered a village of the Samaritans, to prepare for Him. 53 But they did not receive Him, because His face was set for the journey to Jerusalem.



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5 DO I MAKE IT AS
PALATABLE AS POSSIBLE?

Colossians 4:6

Let your speech always be with grace,
seasoned with salt,



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6

**DO I ACTUALLY
LISTEN!!**

Proverbs 18:13

He who answers a matter before he hears it,
It is folly and shame to him.



6 DO I ACTUALLY LISTEN!!

Some Things Get In The Way Of Listening

- Defensiveness: building rebuttals, excuses which miss the message
- Projection of own feelings or thoughts: bias, fear, bad attitude, bad previous experiences in communication
- Inner struggles which color the message (e.g. poor esteem, etc.)
- Interrupting habit
- Overload: fatigue or emotional injury can shut down reception
- Filters: hearing what we want as it fits mood or preconceptions



9 Humongous "Sharing" Principles

6 DO I ACTUALLY LISTEN!!

Be A Good Listener

- Actually listen!
- Clarify and restate: learn to rephrase mentally & voiced
- Listen with your ears, eyes, and body
- Pick up the present emotions and be able to gently verbalize them
- Inquire/Expand: can you tell more about that, more about your feeling
- Listen to your self talk, a lot of your baggage hangs around in your mind, so counter and answer YOURSELF with the right inner reply.
- Validate his/her feelings as legitimate.



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7

**DO I CARRY OUT AGREED
UPON DIRECTIONS?**



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8

**DOING I EMBRACE AND WORK
ON COMMUNICATION
DIFFERENCES?**

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9

**DO I STAY FOCUSED ON
ISSUES (WITH LOVE!!)**

Proverbs 15:1

A soft answer turns away wrath, but a harsh word stirs up anger.

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Marriage

Relationship needs communication “sharing.”

Marriage trouble can be helped incredibly with some simple and meaningful communication.

You can make the big difference in your marriage by moving forward with communication.

Starters:

1. Make time to do it!
2. Is there something I need to resolve...apologize?
3. What are YOU lacking from our relationship?
4. How can I be a better spouse to you?

>>Do this monthly?? Weekly??

Faith In Jesus As Son Of God (John 3:16)



Commitment to change of life (2Peter 3:9)
Confession of Jesus (Romans 10:9-10)
Enter into Jesus in baptism (Galatians 3:26-27)

DEAD TO SIN - ALIVE TO CHRIST

BAPTISM

A dynamic splash of blue water with many bubbles, partially obscuring the word 'BAPTISM' which is written in large, white, bold, sans-serif capital letters.

