### **COMMUNICATION HELPS KEEPING THE LINES OPEN!** By Dr. Edward Watke Jr.

#### I. Practical Suggestions For Good Marital Communications.

- 1. When there are problems, each must be willing to admit he/she is part of the problem. (Genesis 8:8-19; Proverbs 20:6; 21:2)
- 2. Each person must be willing to change. (John 5:6; Matthew 5:23-26; Colossians 3:8,9)
- 3. Avoid the use of emotionally charged words, like: "You don't really love me." "You always do. . ." "You never do anything right." "I don't care. . ."
- 4. Be responsible for your own emotions, words, actions, and reactions. Don't blame them on the other person. You got angry, lashed out, became depressed, etc. (Galatians 6:5; 6:7-9; James 1:13-15.) *It is all a personal choice you know.*
- 5. Refrain from having reruns on old arguments. (Ephesians 4:26,27)
- 6. Deal with one problem at a time. Solve one problem and then move on to the next. (Matthew 6:34 principle)
- 7. Deal in the present and not in the past. Hang a *no fishing* sign over the past unless it will help you to solve your present problems. (Philippians 3:12-14; Jeremiah 31:34; Isaiah 43:25)
- 8. Major on the positive instead of majoring on the negative. (Philippians 3:8)

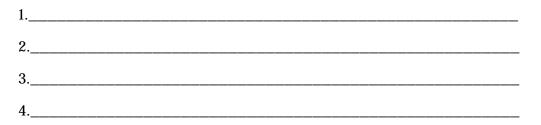
#### II. Consider and Discuss What Happens With People Who Do Not Communicate Effectively. (The following are some results.)

- 1. Issues remain unclarified. (Proverbs 18:17)
- 2. Conflicts and misunderstandings are unresolved. (Matthew 5:23-26)
- 3. Wrong ideas remain uncorrected.
- 4. Confusion and disorder occur (I Cor. 14:33, 40)
- 5. Wise decision-making is thwarted. (Proverbs 18:13)
- 6. The development of deep unity and intimacy is hindered. (Amos 3:3)
- 7. Love and appreciation is not expressed.
- 8. Life is boring and and meaningless.
- 9. Burdens are not shared.
- 10. Hurts continue to linger.

- 11. Problems are not solved.
- 12. Children do not have hope and are not encouraged.
- 13. Needs are not met and loneliness and isolation takes place.

# **III. Consider and Discuss Various Methods of Communication. Verbal Is Only One Aspect.** (Here are other ways we do communicate.)

- 1. Visually -- a wink, closed eyes, etc.
- 2. Verbally -- harsh voice, soft voice, etc., what you say or do not say and how you say it
- 3. By notes and letters
- 4. With your body hands, feet, etc
- 5. By your presence of absence
- 6. By a touch or a pat or a hug
- 7. By smiles or frowns (facial expressions)
- 8. By helping, and by a gift
- 9. By the use of your talents or gifts
- 10. By willingness or unwillingness to share
- 11. By listening or not listening
- **IV. Discuss What Has Hindered Your Communication In the Past.** (Think of issues or times when you have not communicated well and analyze what happened. List these times below and discuss what happened.)



**V. Make a List of All Your Unresolved Conflicts or Disagreements.** (Begin to work on them one by one. Pray together about these problems. Find biblical solutions.)

1			
2	 	 	

3	 	 
4.		

	/I. What Do You Think Needs To Be Brought Out and Discussed in Your Marriage?				
1					
2					
	Make a List of Helps to Good Communication. Look up the following verses. (Write a phrase from the verse.)				
1.	Psalm 141:3				
2.	Isaiah 50:4				
3.	Proverbs 12:25				
4.	Proverbs 15:2				
5.	Proverbs 15:28				
6.	Proverbs 15:1				
7.	Proverbs 15:23				
8.	Proverbs 18:23				
9.	Proverbs 20:5				
10.	Proverbs 25:9				
VIII. (hi	Make a List of Things That Are Circuit Jammers. indrances to good communication)				
1.	Ephesians 4:25,26				
2.	Ephesians 4:29				
3.	Colossians 3:8				
4.	Colossians 3:9				
5.	Proverbs 11:13				
6.	Colossians 3:19				
7.	Ephesians 4:31				

- 8. James 4:6\_\_\_\_\_
- 9. I Peter 3:9\_\_\_\_\_\_

## IX. What Characteristics Do You Need to Build In Your Life That Will Help Your Communication?

- 1. James 4:10\_\_\_\_\_
- 2 . Colossians 3:12\_\_\_\_\_

3. Colossians 3:13\_\_\_\_\_