Disciples Church

Marriage & Singleness Series - Session 8

**Communication**

Week of February 28, 2018

**TEACHING NOTES**

**Stress how central & vital Communication is :**

**Sewn together= Oneness Requires good consistent Comm.**

Good Communication is the groundwork that allows you do almost everything else well.

*From daily decisions about household practices*

*to enjoying your sexual intimacy*

*to what groceries to buy!*

In your marriage, **you can be monster or a dream lover simply based on your communication!** It’s that night and day

Now, marriage communication can be very tricky because Men and Woman can be very different in how they communicate. This is an unavoidable reality. But it doesn’t mean we can’t grow in Christ and love each other well and grow out of bad habits and practices.

Let me show you a funny way this can play out in marriage communication.

**Video- It’s not about the Nail**

There are important things that both the man and the woman can do better in this example and can learn to avoid. We will cover many of these things tonight so that your communication with each other looks less and less like this.

Healthy Communication is an essential tool that must be known and sharpened and practices if we are going to truly thrive in our relationships.

Reality is🡪**Without GOOD communication you really have no relationship!**

**Imagine a road trip with your best friend….**

**Communication is the heart beat**- Without good, regular, honest communication your relationship will be very sick.

A relationship cannot exist without it. No close relationship would!

**Lacking communication is often the major way couples end up living separate even though you are living together.**

So we have lots to cover tonight. Lean in, take good notes and let’s go to God together in prayer as we start.

Let’s Pray!

**What is communication?-**

First, it is so much more that talking!

**Talking is a way to deliver what you want to communicate but it is not the entirety of communication.**

**Communication is sharing true feelings and listening to the heart of the other person.**

**It’s being understood!** In your marriage especially **You want communication to be more than a message delivered and Information translated.**

**1. Communication is NONVERBAL!**

🡪**What are some examples of non-verbal communication?**

Communication is: 10%=Verbal, 30%=Sounds, 60%=body-language

**🡪What is a main way you communicate nonverbally?**

To answer this: We need to ask your spouse because they are the ones who live with you & see’s it.

**I really want to encourage you to take home tonights hand out and discussion guide and sit together and share your answers and talk about steps you can take to grow together.**

We need to Learn from what the other person sees. .. (rolling your eyes can be very hurtful) Never making eye contact can be very hurtful.

You must learn your non-verbal’s because with them you are communicating all the time. Especially in ways your spouse learns to know.

**If you want to grow in healthy communication we must be willing to know and improve on our non-verbal communication. We have to be attentive to this.**

**2. Communication is Listening!**

Most of the counseling I do when I sit with a couple is not telling them what they need to know. This is what couples think they are going to get is the Pastor or Counselor is going to tell them something that will help it all make sense.

No: The number one thing we do is help them **“HEAR” each other!**

**James 1:19**Know this, my beloved brothers: let every person be **quick to hear, slow to speak**, slow to anger;

Levels of Listening-

***Ignoring* -** not really listening at all

***Pretending* -** “yeah, uhuh, right”

***Selective* -** Hearing only certain parts of the conversation

***Attentive* -** paying attention and focusing body and energy ion the words being said

***Empathetic* -** listening with the intent to understand, seeking to understand before being understood and getting inside the persons frame of reference & heart.

**\*Empathy = Identification & understanding of another's situation, feelings, & motives.**

A way you can test this is: **Tell them what you heard. And ask if you heard them.**

**3. Knowing each others Love Language**

**For love to really be communicated it MUST be felt & received by the other person**

How does your fiancée or spouse best communicate love?- It is important that you learn the love language of your partner! Some work has been done to identity the 5 main love languages that people can use or default to and they are:

* **Words of Affirmation**
* Actions don’t always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, “I love you,” are important—hearing the reasons behind that love sends your spirits skyward. Spoken or Written words of encouragement or affection mean the world to you. Insults can leave you shattered and are not easily forgotten.
* **Quality Time**
	+ - * 1. In the vernacular of Quality Time, nothing says, “I love you,” like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved.
* **Gift Giving**
* Don’t mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you.
* **Acts of Service**
* Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an “Acts of Service” person will speak volumes. The words he or she most wants to hear: “Let me do that for you.”

**Physical Touch**

This language isn’t all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial.

This is another exercise I encourage you to do with your spouse or finance other:

**1. With what Love Language does your spouse best Communicate love?**

**2. With what Love Language does your spouse best Receive love?**

Now, before we move on.. Let me point out some realties to be aware of in this area of love languages. Because knowing or practice your partners love language is not the only thing that matters here. Being absent or misapplying love languages is a big part of where this hurts a relationship. If your partner’s love language is:

* **Words of Affirmation**

Silence is painful & Insults can leave you shattered and are not easily forgotten.

* **Quality Time**
	+ - * 1. Distractions, postponed dates, or the failure to listen can be especially hurtful.
* **Receiving Gifts**
* A missed birthday, anniversary, or a hasty, thoughtless gift can be really hurtful—so would the absence of little everyday gestures.
* **Acts of Service**
* The words he or she most wants to hear: “Let me do that for you.” Laziness, broken commitments, and making more work for them communicates to “Acts of Service” people their feelings don’t matter.

**Physical Touch**

Physical distance or neglect or even abuse leave your love tank empty or even can be destructive.

**How to have healthy Conflict:**

**Not all Conflict is bad. You are Different. The Key is how do you have Healthy Conflict.**

**Be careful not to blame:**

Use I statements that describe your feelings without making them the other person’s fault.

**Beware of “kitchen sinking”:**

***Proverbs 28:11***A fool gives full vent to his anger, but a wise man keeps himself under control.

**-**Don’t save up conflict and lump everything together in the heat of the moment.

**If it wasn’t important enough to talk about back then it is off limits now.**

(Unless you can’t let it go but not in the heat of the battle)

 This will teach you to bring stuff up as it happens or to truly let it go.

- Something held onto that is unresolved will eat your relationship apart! Get it out.

**-Keep focused on the issue at hand**. -Sleep helps! I struggle with this but it does help.

**Work to resolve conflict -**What do you do with conflict?

**\*\*Which is your typical way of dealing with conflict?**

 For example: Withdrawal, Pick fights just for fun, Yield to other person, Look to Compromise, Try to win….

**RESOLVE-** mutual understanding and agreement!

-Sometimes this is agreeing to disagree therefore it is healthy!

 \* Show them ho this works when you practice empathetic listening.

**Some practical Communication tips**

**Share the deep things**:

Weak conversation is about other people (gossip most of the time)

Average Conversation is about things,

Deep conversation is about feelings and ideas

**Choose your words wisely-**

**Psalm 58:4** 4 They spit poison like deadly snakes; they are like cobras that refuse to listen,

-David is talking about people who misuse their tongue and how literally poisonous it can be.

 **“The tongue is the only tool that grows sharper with constant use”** - Washington Irving (auther-1783-1859)

 **“The words we say can and do change lives. They Launch people into victory or ruin people to failure.”**

**Colossians 3:16** Let the words of Christ, in all their richness, live in your hearts and make you wise. Use his words to teach and counsel each other. Sing psalms and hymns and spiritual songs to God with thankful hearts.

***Hebrews 10:24***“And let us consider how we may spur one another on toward love and good deeds.”

**Beware of the TV/Internet trap:** The modern marriage and family are stuck in neutral from growing deeper because the mush and sludge of TV watching and Internet playing has taken over our “FAMILY” rooms (very little interaction happens)

**Pray together** -Prayer is your communication with God. Remember your marriage will feed off of the individual deep relationships you have with God.

--Don’t leave him out - Triple braided cord. Let him participate. Let him empower you.

Prayer = continual surrender to God so eventually you see it from his perspective, gaining trust, peace, hope, help.

Praying together is a great way to keep the Lord the center of your life and relationship.