

## **Marriage Seminar, Part 4**

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### I. Introduction.

- A. With communications, if something can be misunderstood it will be.
- B. Meaning is in people and not in words, which makes communication difficult.

### II. Communication is the meeting of meaning.

- A. One cannot love anything he or she does not know.
- B. Both spouses need to want to communicate and know their spouses.
- C. Messages involved in the communication process.

- 1. What you mean to say.
- 2. What you actually say.
- 3. What the other person hears.
- 4. What the other person thinks he or she hears.
- 5. What the other person says you said.
- 6. What you think the other person says what you said.

- D. It is important to practice clear single level speech.
- E. Clarify meaning through the use of questions.
- F. Communication takes a commitment to reveal ourselves and to be kind.
- G. Barriers to communication.

- 1. Ridicule.
- 2. Busyness.
- 3. Denying feelings.
- 4. Silence as a tool.

### III. God can teach us how to communicate if he is part of your life.

### IV. Communication helps.

- A. Weekly dates.
- B. Time every day to talk.

C. Keep the TV off.

V. Avoid...

A. Sarcasm.

B. Public criticism or correction.

**Application questions:**

1. What are some road-blocks to communication?

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2. Why is communication so essential for a healthy relationship?

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3. What does healthy communication look like? Explain.

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