

Marathon Marriage, Part 3

Jack and Carole Mayhall

I. Introduction.

A. Communication is hard work.

B. Communication is the meeting of meaning. We need to learn to clarify and ask questions to get here.

II. Busyness keeps us from healthy communication.

III. The primary way love grows is doing enjoyable things together and reinforcing behavior in the other person you deeply enjoy.

IV. We need to make a commitment to be good listeners and work through conflict.

A. The goal is not to erase conflict but to reduce the emotion so that it can be a problem that is solvable.

B. People need to identify their contribution to a conflict.

V. Meanings are in people, so what we hear might be completely different.

VI. Things to avoid in communication.

A. Sarcasm.

B. Public criticism or correction.

C. Allowing little things to build up.

VII. Love is expressed in action. (1 John 3:18)

Application questions:

1. What are some road-blocks to communication?

2. What are some specific practical ways you can set the atmosphere for healthy communication?

3. What does healthy communication look like? Explain.
