

# **Developing Communication in Marriage**

## *Jack and Carole Mayhall*

### I. Introduction.

A. The number one problem in marriage is communication.

B. Text: Ephesians 5.

### II. It is a husband's responsibility to assume leadership.

A. He is to watch out for the welfare of those he is leading.

B. He is to accomplish the mission or goals of the group. (Psalm 72)

C. The husband should generally be the initiator of communication.

### III. One must reveal feelings in communication. This comes naturally to some, but it is more difficult for others.

### IV. Think alike is not the goal—thinking together is the objective.

### V. Communication is very complex. There are six messages in the communication process.

A. What you mean to say.

B. What you actually say.

C. What the other person hears.

D. What the other person thinks he or she hears.

E. What the other person says you said.

F. What you think the other person says what you said.

### VI. Listening with understanding is essential for communication. (Proverbs 18:13, 18:2)

A. Feelings matter.

B. "Nothing is wrong" does not mean nothing is wrong.

C. We have to learn to realize our feelings when we are feeling them.

### VII. We can handle conflict when we refuse to win.

### VIII. The goal is understanding.

### IX. Do not use silence as a tool.

### X. Levels of communication.

XI. Truth and love need to be married in communication. (Ephesians 4:15)

XII. Helps. (Proverbs 10:4)

- A. Continue to have dates with one another.
- B. Set aside time with each other every day.
- C. Never use sarcasm in kidding and joking with one another.
- D. Never publicly correct or criticize one another.
- E. Forgive one another.

**Application questions:**

1. Why is communication difficult?

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2. What are some ways that you have hurt your spouse and your spouse has hurt you? How can communication heal?

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3. What can you do to improve communication in your relationship with your spouse? Explain.

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