

Marathon Marriage, Part 2

Jack and Carole Mayhall

I. Introduction.

A. Most of us are living a step beyond what we know. (2 Corinthians 8:11)

B. We need to come to terms with the differences we have with our spouses.

II. We need to learn each other's differences.

III. We need to be open to change.

IV. Some possible differences between spouses.

A. Extroverted and introverted.

B. Someone can have a gentle spirit without a gentle personality. Real beauty in a Christian wife comes from the inner self. (1 Peter 3)

C. Four helps: knowing, understanding (this requires communication and prayer), adjusting and accepting.

V. Communication is difficult in every relationship.

A. Love is opening up in intimate communication with one another.

B. Communication is difficult because there are six messages involved.

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.

C. Commitments in communication.

1. We must speak the truth in love. (Ephesians 4:15)
2. We should not be aiming toward total transparency because not everything we think is good or kind.
3. We should be a revealer of our feelings.
4. We should commit to being vulnerable with one another.

Application questions:

1. What are some of differences you and your spouse have that cause friction?

2. What does healthy communication look like as a couple?

3. How can you use your differences to become stronger as a couple? Explain.
