

# **Communication: Key to Your Marriage**

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## **I. Introduction.**

A. There are numerous passages in Scripture that guide us in marriage if we are willing to make God the center of our lives. The whole purpose of our lives is to get to know God. (Jeremiah 9:23-24)

B. The closer a wife and husband gets to God the closer they will get to one another.

C. If we do not establish good communication patterns between husband and wife the relationship will deteriorate.

## **II. Communication.**

A. It takes constant work.

B. It is where meaning meets meaning.

C. Subjective and objective communicators need to be met on their levels. We need to talk about how we communicate, adjust expectations and try to meet our spouses where they are at.

D. Forgiveness and understanding is essential. (Ephesians 4:32)

E. Communication requires vulnerability.

F. We are to speak everything in truth and love. (Ephesians 4:15)

## **III. Commitments.**

A. There must be a commitment in marriage to be a revealer. (Proverbs 29:17)

1. Put time and energy into a marriage retreat every year.

2. Date.

B. There must be a commitment to deal with conflict.

1. Define the problem.

2. Identify how each contributes to the problem.

3. Brainstorm and list all possible solutions.

4. Agree to one solution to try.

5. Evaluate progress, and return to step three if it is not working.

## **IV. Conflict-resolution is one of the greatest deterrents in marriage. It is rooted in pride. (1 Peter 5:5-6)**

A. Things spouses should never do in communication.

1. Use sarcasm.

2. Criticize or interrupt in public.

B. Love is essential to the marriage relationship.

**Application questions:**

1. Why is time with the Lord foundational for your relationship with your spouse?

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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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