

Communication

Jack and Carole Mayhall

I. Introduction.

- A. True communication is the meeting of meaning.
- B. The depth of love depends on the depth of communication.

II. 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.

III. We are constantly communicating and need to understand one another.

IV. Communication needs to marry truth and kindness. (Proverbs 3)

V. Communication requires commitments.

- A. To be a revealer.
- B. To avoid deterrents such as busyness.
- C. To keep on being vulnerable.

VI. The primary deterrent to conflict-resolution is pride. (1 Peter 5)

VII. In conflict spouses should refuse to win.

VIII. Plan for resolving conflict.

- A. Define the conflict.
- B. Identify how each contributes to the problem.
- C. Brainstorm solutions.
- D. Agree to one solution to try.
- E. Evaluate progress, and return to step three if it is not working.

IX. The only change we should plan on in marriage is our own.

Application questions:

1. Why is communication difficult?

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

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