MARRIAGE: BUILT TO LAST (3/25)

REVIEW: Last week we talked about “Adjusting to Expectations.” We dealt with the marriage aspects of understanding and trust. We spent time in Genesis 1 & 2; trying to understand and practice “being made in the image of God.” We looked realistically at the process of “leaving, cleaving & becoming 1.” We also looked at our love cycle: 1. Us to God; 2. Our love cycle together as husband & wife (agape, philo & eros). The “TOGETHER @ HOME” assignment was to:

1. List & then discuss your expectations of each other
2. Discuss how you could encourage each other in “becoming 1”

PRAY

LEARNING TO COMMUNICATE (part #1)

GETTING ACQUAINTED:

VIDEO: “Babe”

We are going to spend the next two weeks communicating about communication. In our discussion of expectations we saw the necessity of communicating well. In doing your homework, you noticed it is designed to encourage our improvement in communication. Communication is one of the most difficult things for couples to do well. Our goal in communication is to be able to understand and to be understood. Today we will look at Ephesians 4 for God’s instructions on how to communicate. And over the next two, Sundays, we will learn three basic exercises to improve our communication.

TALKING IT OVER:

VIDEO: Brooke & Adam

Q: Do you find you and your spouse speaking “different languages”?

Q: In your communication conflicts, are you an aggressor or a processor? What about your spouse? How do you adjust to each other?
VIDEO: Chip Ingram

READ: Genesis 3:1-10

SIN- that which is selfish and causes barriers (to God & each other)

PROCESS: Afraid – Ashamed – Inadequate

Q: How does this communication barrier and process affect your marriage?

VIDEO: Zeck & Kim

Q: What were some of the communication struggles they were dealing with?

Q: How does your spouse’s follow-through of things discussed affect your relationship?

BY YHE BOOK: We realize communication either blesses us or harms us. From the 4th chapter of Ephesians we see some clear relationship and communication principles.

READ: Ephesians 4:1

Q: What sort of life are we supposed to live?

READ: Ephesians 4:2-3

Q: What attributes are we supposed to exhibit with one another?
READ: Ephesians 4:11-16
Q: What does “speaking the truth in love” mean to you?

Q: Why is “speaking the truth in love” so difficult in marriage?

READ: Ephesians 4:22-24
Q: What are we supposed to take off & put on?

Q: Why does change begin with one’s attitude?

CLOSER LOOK:

Be Honest (v. 15,25)

Be Anger Appropriate (v. 26-27)

Be Diligent (v. 28)

Be Positive (v. 29-31)

Be Forgiving (v. 32)

Q: What is “anger appropriate”?

Q: What is “unwholesome talk” in your marriage?

Q: What haven’t you forgiven your spouse of?
TOGETHER @ HOME: The Conference

Ask, Listen (non-interrupted), Record

husband to wife – then – wife to husband

1. What are you concerned about?

2. What do you wish?

3. What are you willing to do?

PRAY