

Salem Full Gospel Church - Healthy Marriage Series

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Good Communication - Bedrock of a Good Relationship

Our relationship with the Lord is based on our communication with Him. He tells us to "pray without ceasing". What He is saying is that we are to always be in communication with Him. In fact, the problem in man's relationship with God was seen first by the break in their level of communication ("Adam...where are you..."). It is the same way in our relationships with one another. This is an aspect of our lives and relationship that affects every other aspect. In fact, when you have good communication, it often leads to a good marriage.

First of all, lets talk about communication; what it is and what it is not. Communication does not mean only that the other person listens and understands what you are saying; it also means that you listen and understand what they are saying. Good communication does not mean that you will agree on everything, but it does mean that you understand how someone feels about something, and why they feel that way. This is an important part of finding that common middle ground where you can both get along, and yes, compromise.

Webster defines communication in the following way:

...interchange of thoughts or information...something imparted or transmitted...a message, letter, etc...

Not all communication is verbal or written. Many times our eye contact and body language says to a person how interested we are in hearing and understanding them. When someone is trying to talk to us, and our eyes are focused somewhere else (at the TV, for example), it sends a signal that they are not really important to us. As much as possible, try to give one another your undivided attention. The TV is one of the great destroyers of good family communication. People may watch a program together, and be able to recite what happened, but be unable to explain what happened with their spouse that day, or what is going on with them or the children. Spend time just talking with one another. Understand also that women on average will say twice as many words as men, so guys, be prepared to listen. Women, however, need to also let their husband express his feelings when he wants to, even when it takes a while to get it out.

Joh 10:27 My sheep hear my voice, and I know them, and they follow me:

Even Jesus says that we must hear Him for us to know Him; so it is with

communication. We have to learn to listen to and hear one another in order to communicate effectively.