

COMMUNICATION: 'TOGETHER IS BETTER'

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Communication ?

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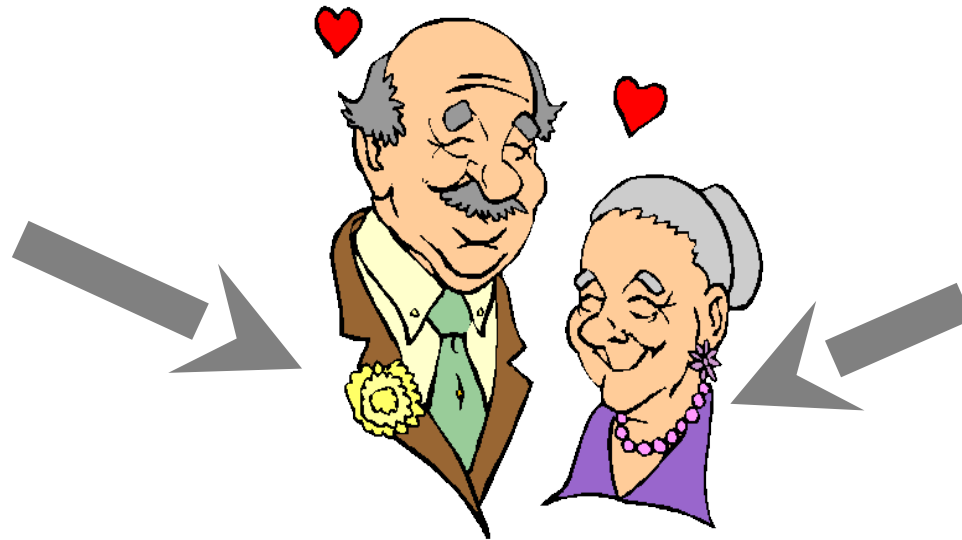
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"We must talk-so shut up!"



As we share Truth between us....



We grow up.... into Maturity

We grow together.... into Unity



A GOOD MARRIAGE

- **ACCEPT**
- **ADJUST**
- **APPRECIATE**
- **APOLOGISE**

PRAY & STUDY THE BIBLE TOGETHER
ALLOW THE HOLY SPIRIT TO WORK IN YOU





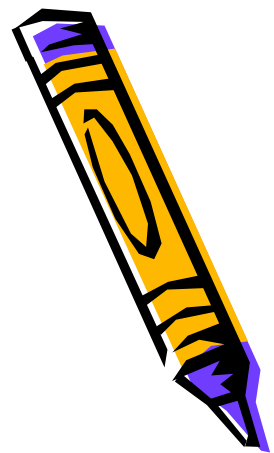
GOOD COMMUNICATION IS THE KEY

- *By wisdom a house is built, and through understanding it is established:*

Pro. 24:3

Genuine communication requires that a couple seeks to understand and then, to be understood.

What Is COMMUNICATION



Definition: Communication is the act of conveying or making known something that is understandable to another person.

Methods of Communication

Verbal

Non - Verbal

Oral

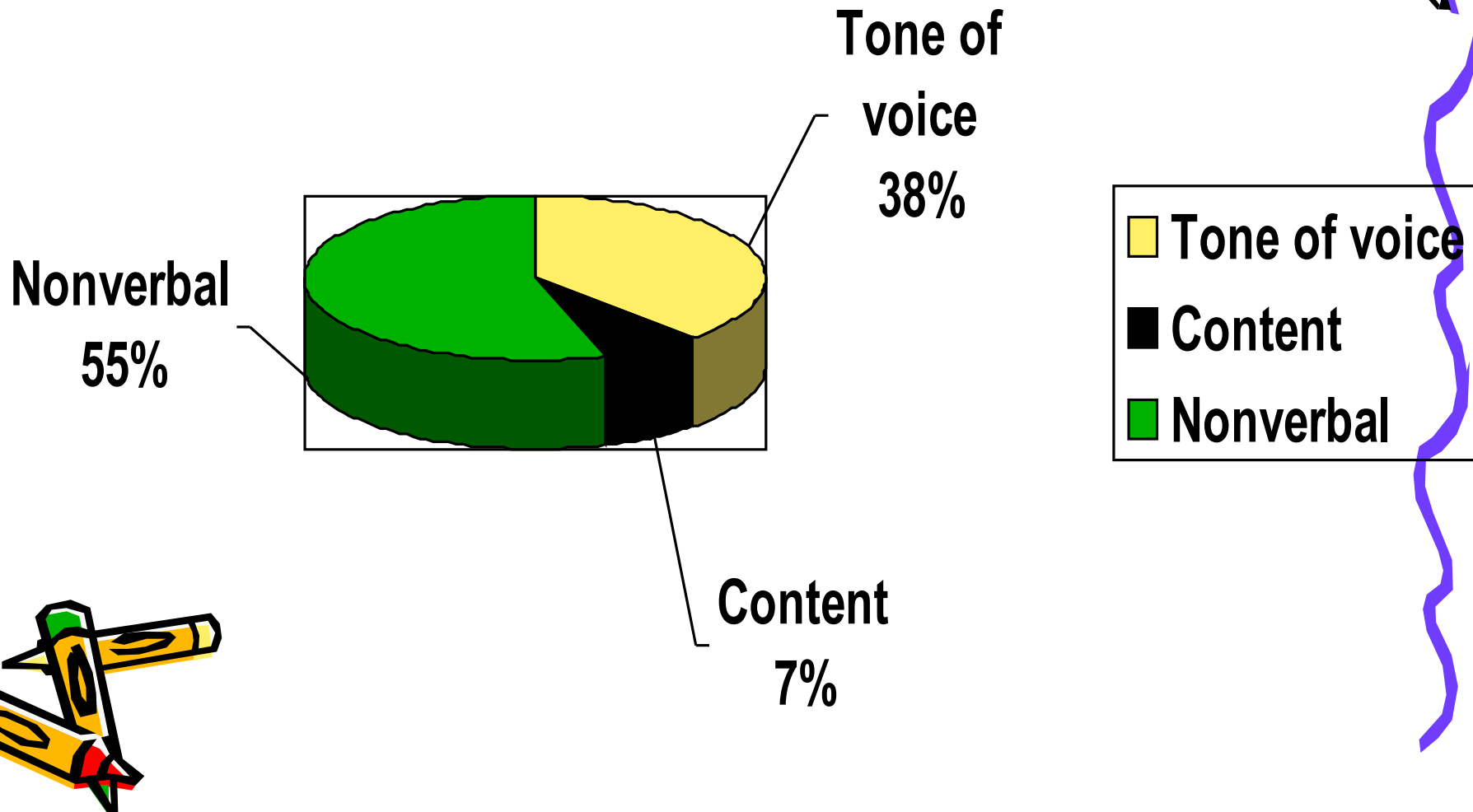
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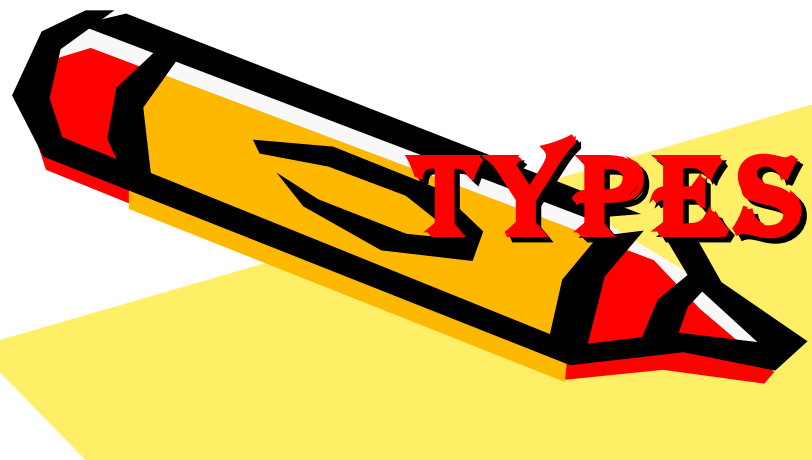
Body Language

Silence



Three Components of a Message





TYPES OF NON VERBAL COMMUNICATION

Voice

- pitch, articulation, pauses etc.,

Appearance

- dress, grooming,

The face and the eye

- expressions

The body

- movement, gestures, space





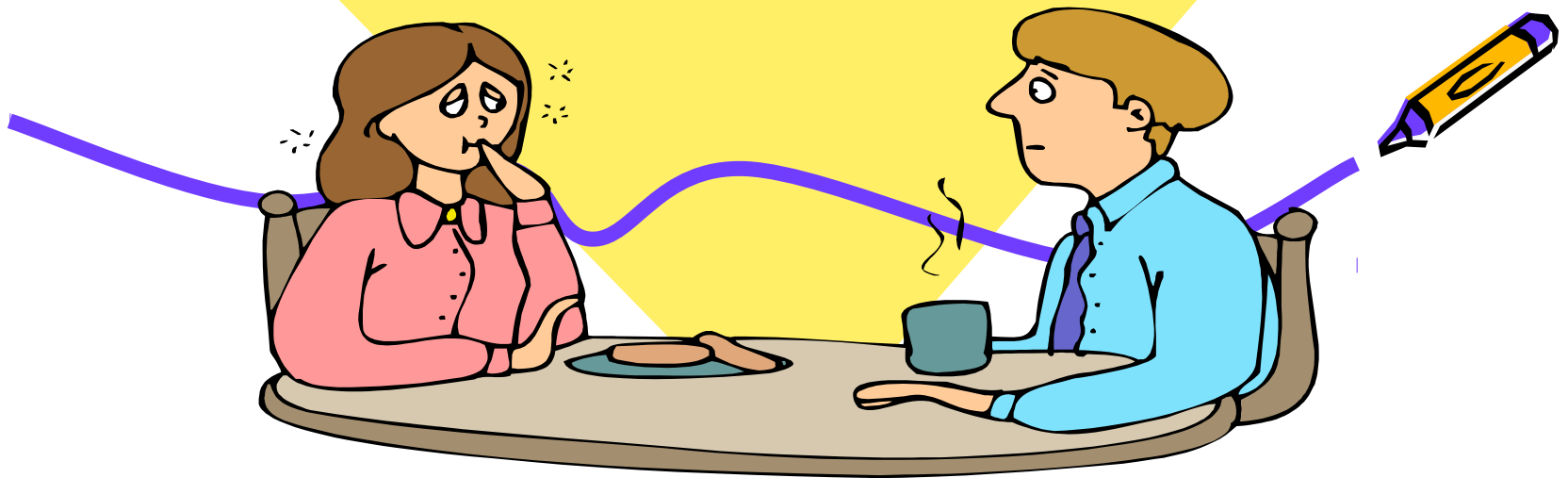
5 Levels of Communication

1. Casual Conversation

E.g. "Hi, how are you?" "Fine".

2. Reporting of facts.

E.g. "The paper boy is late again."



3. Ideas and judgments.

E.g. “Men should learn to cook!”
“I agree! Do you?”



4. Feelings and emotions.

E.g. “My wife’s nagging makes me mad!”

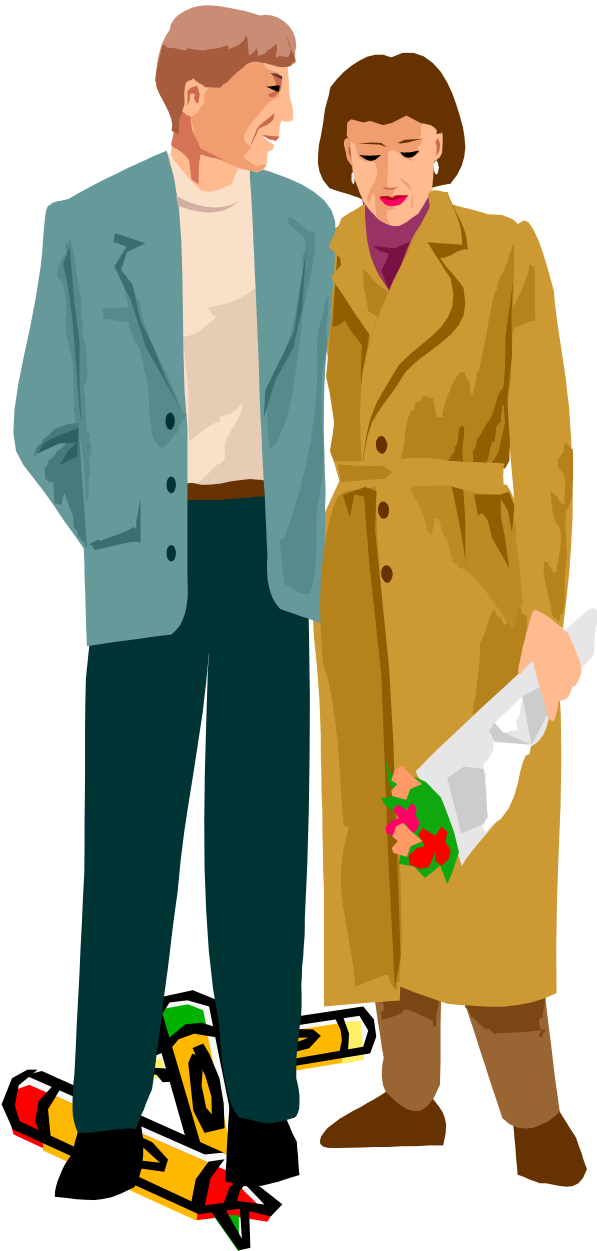
5. Open, honest sharing on a deep, personal level.

E.g. “I’ve been neglecting you!”





Understanding increases with increased levels of communication.



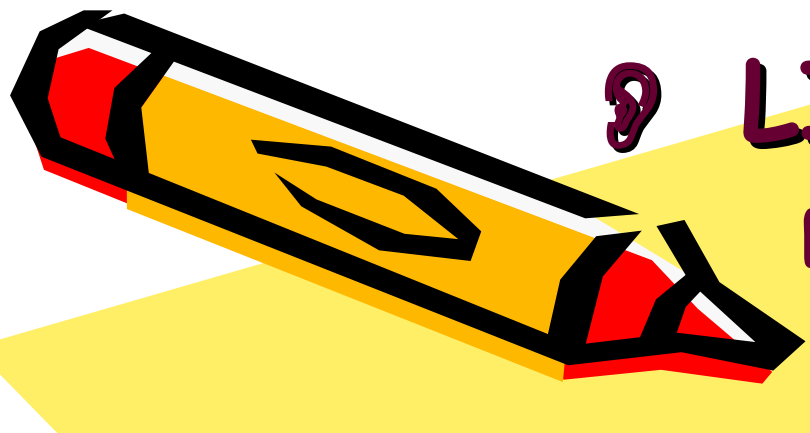
**Developing
understanding in
marriage requires
listening and
talking.**



Listening: Seeking to Understand

Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19





LISTENING

means:



- When your spouse is talking to you, you are not thinking about what you are going to say when he or she stops talking.
- Completely accepting what is being said without judging of what is said or how it is said.
- Being able to repeat back to your spouse what he/she said and what he or she was feeling.



KINDS OF LISTENING



➤ **Casual or Marginal Listening**

- Listening to Radio/TV
- Light conversation

➤ **Attentive listening**

- Important announcement
- Striking news



➤ **Projective or emphatic Listening**

- Putting yourself in the other person's situation.

COMMUNICATION PROCESS



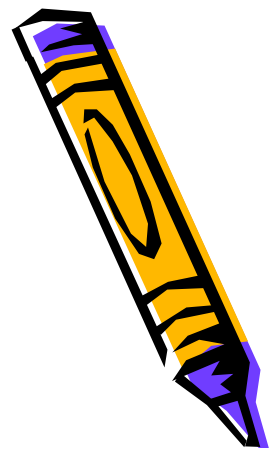
FEW BARRIERS TO COMMUNICATION

- **Pride- Ego**
- **Poor Listener**
- **Over talkative**
- **Selfish and quarrelsome**
 - **Different life Purposes**



WHAT TO AVOID IN COMMUNICATION

- **Prov. 11:13** - Betraying confidence
- **Prov. 11:12** - Criticism
- **Prov. 12:16** - Reacting immediately in anger
- **Prov. 12:18** - Hurting words
- **Prov. 12:22** - Untruth
- **Prov. 18:2** - Talking Without understanding



Managing **Anger**

Anger is a God-given emotion..

- **We must learn to handle our anger**
- **Say the right things**
- **For the right purpose**
- **With a right spirit**
- **At the right time.**
- **In the right tone/manner**



Good Communication

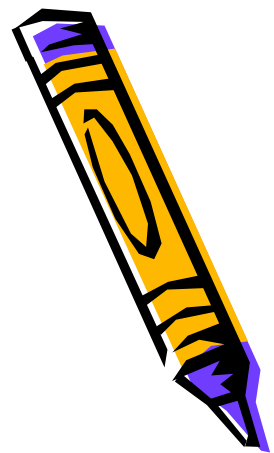


Essentials of Communication

- **Time**
- **Trust**
- **Transparency**



LIST PRINCIPLES OF COMMUNICATION IN EPHESIANS 4:15, 25, 29

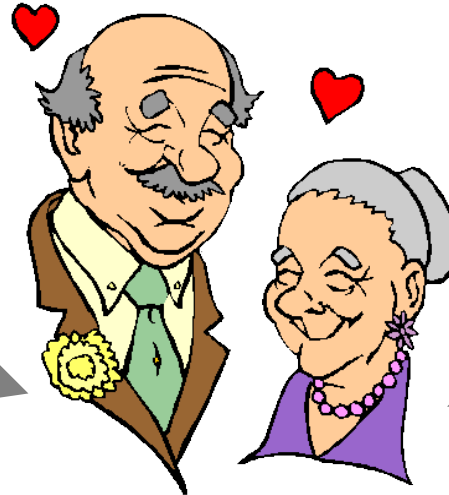


- “ Instead speaking the truth in love, we will in all things grow up into Him who is the head.”
- “ Therefore each of you must put off falsehood and speak truthfully to his neighbour, for we are all members of one body.”
- “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”



Truth Leads to Maturity and Unity

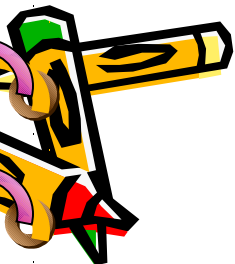
As we share Truth between us....



We *grow up*.... into Maturity

We *grow together*.... into Unity

PURPOSE OF MARRIAGE





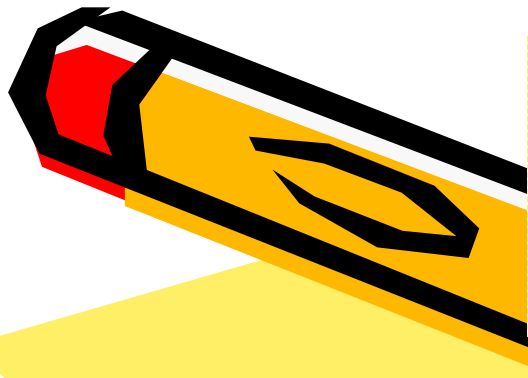
THE OLD LIFE AND NEW LIFE

Eph 4:23- Let the Spirit change your way of thinking, and make you into a new person.

You were created to be like God, and so you must please Him and be truly holy

Eph. 4:31.32- Stop being bitter and angry and mad at others. Don't yell at one another, or even be rude. Instead, be kind and merciful, and forgive others, just as God forgave you because of Christ.





Make a Commitment

- Listen to one another with understanding.
- Express your feelings/ needs, lovingly.
- Be patient and make allowances for one another's faults.
- Forgive one another even as Christ has forgiven you
- Realize that effective communication is a life-long process



Together-
Build the
Church
&
Touch our
broken society
with the
healing love of
Jesus Christ

