

Better Together Marriage – Week Two

“The tongue has the power of life and death.” – Proverbs 18:21

“Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is, Christ.” – Ephesians 4:15

Four Steps for Healthy Communication:

1. _____.

I. _____.

“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.” – Ephesians 4:25

“There are three types of lies: saying something that isn’t true, telling the truth but only part of it, and remaining silent and acting ignorant of the facts in a particular situation causing others to believe something that you know to be false.” – Melody Green

II. _____.

2. _____.

“In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold.” – Ephesians 4:26-27

Three seriously damaging communication patterns:

I. _____.

II. _____.

III. _____.

“Wars are not won by evacuation.” – Winston Churchill

“The chief dysfunction in failing marriages is not sexual; it’s verbal. Fulfilled marriages are enjoyed by those couples who share their feelings and who have a greater amount of openness with their spouse.” – Josh McDowell

“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?” – 2 Corinthians 6:14

“Wives, in the same way be submissive to your husbands, so that, if any of them do not believe the word, they may be won over without words by the behavior of their wives, when they see the purity and reverence of your lives.” – 1 Peter 3:1

3. _____.

I. _____.

Five Love Languages:

• _____.

• _____.

- _____.
- _____.
- _____.

II. _____.

“But only what is helpful for building others up according to their needs, that it may benefit those who listen.” – Ephesians 4:29

“He who answers before listening – that is his folly and his shame.” – Proverbs 18:13

“The happiest couples are ones that talk the most to each other. The emerging problem in marriage is alienation.” – Dr. Mark Lee

4. _____.

I. _____.

Unwholesome – “putrid” or “rotten.”

II. _____.

“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” – Ephesians 4:29-30

III. _____.

“Sarcasm is such a cruel game to play, and yet it is among the favorites. Believe me, others may grin and giggle, but your mate will never forget the slam.” – Chuck Swindoll

IV. _____.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32

“Criticism drills a hole in our emotions. Through that hole our energy flows out, and along with it goes most of our motivation to try to get better.” – Gary Smalley

Reflect: How will you apply this teaching? What really stood out to you in this message?
