

better  
together

Three hearts are positioned to the right of the word "better". Two are blue and one is grey.

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

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*“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. Love your mate enough to show who you really are.

- I. Be transparent and honest.

*“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

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## Four Steps for Healthy Communication:

1. Love your mate enough to show who you really are.

II. Be tactful.



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## Four Steps for Healthy Communication:

2. Learn to go to your mate and deal with conflicts.

*“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*

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# Three seriously damaging communication patterns:

## I. Escalation:

“Never threaten with the ‘d-word.’”

Three seriously damaging  
communication patterns:

II. Invalidation:

“You’re not worth my time.”

*“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*

Three seriously damaging communication patterns:

### III. Withdrawing:

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



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*“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*

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*“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*

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*“The wife’s body does not belong to her alone but also to her husband. In the same way, the husband’s body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.” – 1 Cor. 7:4*

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# Four Steps for Healthy Communication:

3. Know your mate.



*“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.”* – Ephesians 4:29

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### 3. Know your mate.

- I. You have to work to find out their love languages.

# Five Love Languages:

- Words
- Gifts
- Quality Time
- Touch
- Acts of Service

3. Know your mate.

II. Listen to them.

*“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.” – Ephesians 4:29*

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



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

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## Four Steps for Healthy Communication:

4. Help each other grow through healthy habits of communication.

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## Four Steps for Healthy Communication:

4. Help each other grow through healthy habits of communication.

I. Make a habit of using pure words not crude words.

## Four Steps for Healthy Communication:

4. Help each other grow through healthy habits of communication.

II. Use encouraging words often.

*“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*

## Four Steps for Healthy Communication:

### III. Learn to use kind words.

*“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*



## Four Steps for Healthy Communication:

4. Help each other grow through healthy habits of communication.

IV. Learn to use forgiving words.

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## IV. Learn to use forgiving words.

*“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

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