

# Strengthening the Bond – What the Bible Teaches on Marriage

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## Communication in Marriage<sup>1</sup>

### Importance of communication in marriage

1. Shown in daily life (Amos 3:3: “Can two walk together except they be \_\_\_\_\_?”)
2. Patterned after God’s manner of dealings with sinners: Revelation for Communion

### Hindrances to Communication in marriage

1. Interruption (Prov. 18:13: “he that answereth a matter before he heareth it, it is folly and shame unto him”)
2. Inattentiveness (James 1:19a: “let every man be swift to hear”; Lk 8:18; Prov. 4:22)
3. Generalizations (Eph. 4:25: “wherefore putting away lying, speak every man truth with his neighbour”)
4. Blame shifting (Gen. 3:12: “the woman whom thou gavest to be with me...”; Jam. 1:14-15)
5. Record-keeping (1 Pet. 4:8: “...charity shall cover the multitude of sins”; 1 Cor. 13:5)
6. Anger (James 1:19b... “slow to speak, slow to wrath”; Eph. 4:26)
7. Silent Treatment (Eccl 3:7b: “a time to speak”; Prov. 31:26: “in her tongue is the law of kindness”)

### Helps for Communication in marriage

1. Seek a spirit of openness
  - a. A good relationship requires openness. It should not hide, keep back, but share thoughts, trials, joys, the things that pertain to this life and the better.
  - b. 1 Cor. 2:11: for what man knoweth the things of a man, save the spirit of man which is in him? That means I must \_\_\_\_\_.
  - c. Biblical principles to guide us

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<sup>1</sup> I have used several sources, but greatly benefited from a chapter in Wayne A. Mack: Strengthening your Marriage, P&R Publishing, 1999, 55—90

- i. Is it T\_\_\_\_\_? (Prov. 18:13; Eph. 4:15)
  - ii. Is it P\_\_\_\_\_? (Prov. 10:21; 12:18; 12:25; 15:4; 31:26; Eph. 4:29)
  - iii. Is this the proper T\_\_\_\_\_ to say it or would it be better for me to wait? (Prov. 15:23; 18:28; 27:14)
  - iv. Is my A\_\_\_\_\_right? (Eph. 4:15; 1 Cor. 16:14; Tit. 3:2)
- 2. Seek a spirit of attentiveness (Jam. 1:19)
  - a. Good listening means letting the other person speak without interruption (Prov. 18:13)
  - b. Good listening means giving the other person your undivided attention (Job 6:28)
  - c. Good listening means making sure you really understand what is being said
- 3. Seek a spirit of meekness
  - a. William Gouge: Mildness is a special fruit, and evidence of love. It is a notable means to remove offenses... Sugar and honey are not more pleasant to the tongue than mildness is to the heart. It causes those things which are otherwise irksome to the soul, to be well received and applied—even as bitter pills dipped in sweet syrup, or rolled up in the soft pulp of an apple are soon swallowed down and digested.
  - b. A servant of the Lord must not strive, but be gentle to all men... especially to his wife ( 2 Tim. 2:24)
- 4. Do not go to bed angry (Eph4:26)
- 5. Speak in ways that guard your prayer life ( 1 Pet. 3:7)