

The Sevenfold Tie of Marriage

Chapter 3

Audio Lesson: FAM03



Objective: To understand the importance of communication in maintaining the oneness in marriage.



“In everything, do to others what you would have them do to you.”

—Matthew 7:12

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building each other up according to their needs.

—Ephesians 4:29

A wise man’s heart guides his mouth, and his lips promote instruction. Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

—Proverbs 16:23-24

Good communication can help a husband and wife become one flesh because it is a tool that makes it possible for them to work on their oneness. In the same way, as we maintain and cultivate our relationship with Christ by communicating with Him in prayer and listening for His voice, married couples must maintain and cultivate their relationship with each other. We are always communicating; the issue is what and how we are communicating. The right kind of communication is like turning a light on our relationship, exposing things that would harm our oneness and revealing things that would help us grow closer.

Good communication involves two parts: sending and receiving of information. The way communication is received is as important as the way communication is sent. Communication is not simply what is said; it is also what is heard, received, and felt. It is the total impression conveyed by the message that is sent. When we realize the importance of good communication and learn the attitudes and actions that hinder it, we can dramatically improve our marriage relationships. Good communication is the tool that helps us maintain and strengthen our oneness.

1. **True** or false? Unlike a parent-child relationship, a husband-wife relationship should grow closer and closer throughout life.
2. True or **false**? There is only one important dimension to communication. If we express ourselves, we have communicated well.
3. True or **false**? Silence between a couple always means they have a communication problem.
4. **True** or false? There is no such thing as “not communicating.” We are always communicating, even when we are not speaking.



5. True or **false**? There is only one level of communication.
6. **True** or false? In a family, there are many types of communication among its members.

Unless otherwise noted, choose one answer for each question.

7. What aspect of communication has the most impact?
- The words we say.
 - What the other thinks we said.
 - The gestures we use with the words.
 - The inflection and emphasis we place on the words.**
8. Which of the following are required to communicate well? (*choose all that apply*)
- Time**
 - Energy**
 - Courage**
 - A loud voice
9. Which of the following attitudes and actions can hinder effective communication? (*choose all that apply*)

being argumentative
being preoccupied
not listening
 attentiveness
being too opinionated
 humility
busyness
distractions
 patience
depression
contempt

showing interest
 asking questions
suspicion
 generosity
anger
selfishness
 concern
nagging
stress and fatigue
insecurity
 gentleness

10. What kinds of obstacles to communication can we experience?
- a. Emotional
 - b. Practical
 - c. Physical
 - d. Psychological
 - e. All of the above**
11. How should we respond if we are married to a difficult person?
- a. Show that we can be just as difficult.
 - b. Get a divorce and find someone else to marry.
 - c. Maintain the fruit of the Spirit and be forgiving.**
 - d. Endure the difficulty, even though God offers no real solution.
12. In which family relationship is effective communication most important?
- a. Husband-wife**
 - b. Mother-daughter
 - c. Father-son
 - d. Brother-sister
13. How are other members of the family affected if the communication between husband and wife breaks down?
- a. No one notices because it has very little impact.
 - b. All other communication patterns between family members are negatively affected.**
 - c. All other communication improves in order to make up for the problems of the husband and wife.
 - d. Everyone decides to stop talking to each other.
14. Which of the following is a primary benefit of good communication in marriage?
- a. It keeps your spouse informed about each day's events.
 - b. It keeps the home running smoothly.
 - c. It lets your spouse know what you expect them to do.
 - d. It is the tool that enables you to improve every other area of your marriage.**



At what level are you communicating? How can you be other-centered to improve your communication? What one thing is hindering your communication from improving?

Have you noticed any attitudes or habits in your own communication that need to be changed or improved? If so, what? What can you do to improve them?



Thank God that He desires strong marriages among His people and that God gives us the tools to have strong marriages. If you are married, ask God to show you areas of communication that need to improve and to help you strengthen your communication with your spouse.



Going Deeper

1. What are some common communication problems within a marriage? _____

2. Do any of the above exist in your marriage or relationships? _____

3. What three things show your value and priority of communication? _____

4. What are some typical communication “circuit-breakers”? _____

5. What Scripture verse and what fruit of the spirit are recommended for living with a difficult person? _____

6. What are some important family communications? Why are they important? _____

7. Why is the husband/wife combination the most important? _____
