



tools for communication

Top 3 reasons marriages
end in divorce?

1. Communication
2. Money
3. Lack of Physical Affection

God intended communication be a gift.

1. *God gave us the gift of verbal and nonverbal communication.*

Genesis 1:28

God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."



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2. *The book of John introduces Jesus as the "Word" (logos).*

Hebrews 1:2

"but in these last days he has spoken to us by his Son"



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2. *The book of John introduces Jesus as the “Word” (logos).*

3. *Because of the authority of the Bible we call it, “God’s Word”.*

2 Tim. 3:16

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness



Unfortunately we can't talk
about *communication*
without talking about *conflict*.

...communication encompasses everything in a relationship: sex, money, family planning, etc. Every relationship has its ups and downs; it's not just love that will get a couple through lean times. *It is the ability to sit down, have a conversation about what's not working, and settle on a path to move forward.* If you are comfortable talking to your partner, and if you have a history of moving past issues and hurdles and not getting bogged down in looking back – then there is a good chance you have a happy, stable relationship ahead of you.

-Divorce Magazine January 09, 2017



People fear confrontation, so rather than speak up and find resolution, they bury the problems and skirt the issues not realizing it only escalates. *It is commonly assumed that the number one reason for divorce is sexual infidelity, surprisingly however, various polls have thrown up 'lack of communication' as the deal breaker.*

- The Times of India -June 4, 2017

“Communication between husbands and wives is the most common cause of divorce among Emiratis. The survey of 1,335 divorced Emirati men and women, *found that poor communication between spouses was most often cited as the cause of divorce.*”

-Dubai, UAE - The National UAE News, June 19, 2010

“According to women interviewed *the key reason for wanting a divorce was dissatisfaction regarding communication.*”

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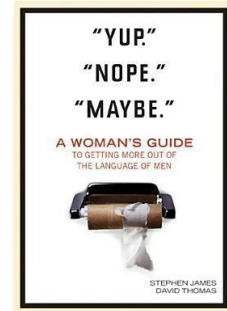
"According to women interviewed *the key reason for wanting a divorce was dissatisfaction regarding communication.*"

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Good News! Conflict can lead to growth.

Conflict is threatening. It feels dangerous because *it exposes out deepest needs and desires, without promising resolution.*

Whenever we enter conflict, we are vulnerable to being abandoned, harmed, or disappointed.



-S. James & D. Thomas, "Yup." "Nope." "Maybe." page 129

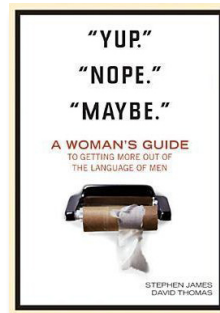
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James 1:2-4 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

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4 Tools to Help Resolve Conflict

1. Reach for **CLARITY**.

Eph.4:15 "speaking the truth in love"

2. Remain **CALM**.

Prov. 15:1 "A gentle answer turns away wrath"



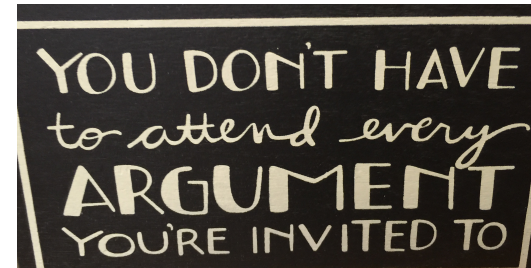
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3. Stay **CURRENT**.

Eph. 4:26 "Do not let the sun go down while you are still angry"

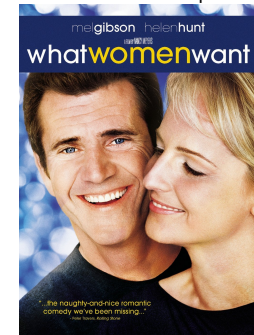
4. Be **CONSTRUCTIVE**.

Eph. 4:29 "what is helpful for building others up"

2 Tools to Reduce Unnecessary Conflict

1. Become a better **LISTENER**.

James 1:19 "Everyone should be quick to listen, slow to speak"



2 Tools to Reduce Unnecessary Conflict



96 IT STARTS AT HOME

REPORT CARD FOR DAD

Description

Dad shows that he loves me
 Dad is interested in my feelings
 Dad spends enough time with me
 Dad listens to what I say
 Dad trusts me
 Dad enjoys being with me
 Dad is truthful
 Dad makes the family a priority in his life
 Dad is fair in his decisions
 Dad gives me the right amount of chores
 Dad disciplines me when I deserve it
 Dad admits when he is wrong
 Dad controls his anger and words
 Overall Grade

Grade

Key Questions

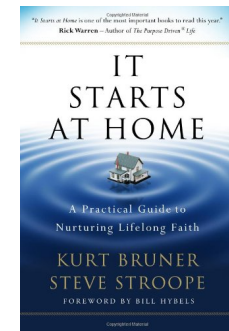
(1) On a scale of 1–10, with 10 being the best, what kind of relationship do you want to have with your dad?

(2) Using the same scale, where are you today in your relation-

Reduce Unnecessary Conflict

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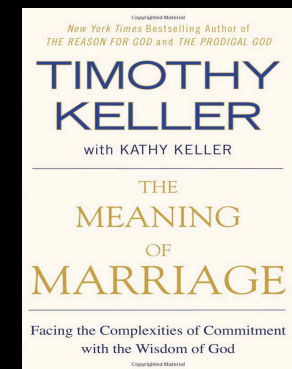
2. Commit to **FORGIVING** others.

Eph. 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you"



"What keeps a marriage going is your commitment to your spouse's holiness."

-Tim Keller, *Meaning Of Marriage*. page 123



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