

Living Word Fellowship Church

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Communication that Leads to Healthy Relationships

I. Introduction

Many times people don't communicate well anymore because they know how quick the person is to get upset or shutdown so conversations get few and in between because what needs to be said is necessary. This most times is the death of a relationship. Communication is like blood to the body. Without good communication, a good marriage or relationship dies as conflict worsens.

Even in our relationship with God, communication is essential. God states that we should pray without ceasing (1 Thessalonians 5:17). He loves us to remain connected with Him. He clearly defines how sin affects our communion with Him (Isaiah 59:2; Jeremiah 14:10-12; does not hear the prayers of sinners; John 9:31), while righteousness inspires Him to answer prayer (James 5:16-19). Keeping this process pure blesses the nature of our relationship with Him (1 John 3:16-24).

If communication with the perfect God, who knows everything, is essential, how much more so is communication with our spouses? It is essential for the strength of our relationships.

II. An Overview of Why Marital Communication Can Fail?

A. Here are several reasons why communication breaks down in marriage:

1. Couples refusing to work on communicating have reached a point where they co-exist.
2. _____ backgrounds.
3. _____, many times, reduces patience.
4. A _____ who needs to listen better.
5. _____ when the other person is trying to talk.
6. _____ where accomplishing tasks is more significant than understanding them. This occurs most often when jobs are demanding, or kids are involved in numerous afterschool activities.
7. A partner that is naturally quiet or shuts down quickly.
8. Unfaithfulness in marriage.
9. _____.
10. When relationships began with sex dominating how people related to each other.

B. Some individuals do not understand how to develop good communication with a spouse as the marriage ages. Sometimes, this happens because they do not come from family backgrounds where, instead of working through difficult times, people leave.

C. Some people do not care to practice good communication because they always use the excuse, "He/she knows what I mean; we have been together for a long time." This excuse allows them to avoid developing good communication in marriage.

III. General Biblical Principles to Maintain in Conflict

A. General Communication Principles to Remember:

1. Communication is _____. This is why the scripture says to be slow to speak (James 1:19). Once said those you care about now have a record they are told to not sustain (1 Corinthians 13:5). The wrong things are said is the more the need to forgive.
2. Communication is not just words. It is:
 - a) Verbal is only 7 percent.
 - b) Eye contact is 55 percent.
 - c) Paralanguage is 38 percent:
 - Voice intonations
 - Pitch, speed of speaking
 - Hesitation noises
 - Facial expressions.
 - Body language:
 - ☐ Sitting straight = anxiety
 - ☐ Open posture = relaxed
 - ☐ Crossed arms and legs = closed or distrustful
 - d) Denotative meanings - not understanding the actual meaning of the word. This is why the scripture says _____ (James 1:19).
 - e) Connotative meanings - the emotional and conditioned reactions of words.
 - f) Some individuals have a hard time communicating their feelings.

B. Ways to Keep Satan Out so Communication Remains Healthy:

1. _____; Satan, *“Does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies.”*
2. Be _____ about speaking the truth. This keeps Satan out (John 14:16-17).
3. Don't use _____. This empowers the flesh and Satan. This took place with Adam and Eve because Eve opened herself to false doctrine (Please note, I am not saying Eve brought sin into the world. Romans 5:12-15 makes it clear it was Adam).
 - a) Satan knew what God said and switched things up so that it sounded truthful -- *“Indeed, has God said...”* (John 8:44).
 - Eve quoted everything Adam was told by God (2:15-17). She changed it _____ . She did not keep what her husband taught her (1 Timothy 5:14).

- b) Do not use _____ unless it is how to implement the scriptures for that particular issue. We can learn from Eve:
- Woman saw the tree was good - Eve leaned to _____ – it was practical.
 - Delightful - It pleased her. She chose to satisfy _____ (James 1:12-15).
 - Desirable – Selfish desire – to wish for something that **does not** belong to us (Deut. 5:21).
 - He ate – He allowed Eve to _____ God provided.
4. _____ because this also attracts demons (2 Timothy 2:23-26). To speculate is to assume you know what the person is saying and then speak before they talk based on what you have come to believe is the truth. This leads to strife (Proverbs 13:10).
5. Do not argue to win; _____ (James 3:13-16).
6. If anger is not resolved it can lead _____ (Matthew 5:21). Hate is to _____ despise the person we do not like by making a point to afford them every possible moment (the meaning of bitterness; Ephesians 5:31). It is also a _____ combined with _____. Satan can turn hate to murder.
7. To be angry and sin is to place oneself in the judgment of God (Matthew 5:21-26; Supreme Court).

IV. Biblical Principles to Resolve Conflict

- A. _____, but not with selfish motives (John 15:7-10; James 4:1-4).
- B. If the argument persists, _____ (a person who lives by the scriptures and is married; Proverbs 12:15; 19:20) you both respect to help resolve the issue (Philippians 4:1-2-3).
- C. When an argument persists, it is better to _____, either deciding to discuss later or, for a _____, go to two different rooms in the house (short time; Acts 15:36-41; 1 Corinthians 7:1-7).
- D. _____ so that no one is listening anymore (Ephesians 4:30-32).
- E. The _____ (Acts 15:1-35). This keeps things objective, and the Spirit of God provides guidance. When we practice what the Lord teaches, we discern the issues better (Hebrews 5:14) and grow to make excellent decisions (Philippians 1:9-11).
- F. When we are _____ (John 16:7-11) because of what we have said or how we said it, do not make excuses and justify actions.
- G. We are rewarded for loving those who are our enemies (Matthew 5:43-48).

V. CONCLUSION

Communication is work no matter how old the relationship may become. If we cannot keep the other person communicating in a manner that we may believe is good for us we are still responsible before God for how we are purposeful about what He holds us accountable for. We must keep our minds focused on what we are accountable to do than how negative the circumstances may become.

Keep this verse in mind; that we must practice "*whatever is true, whatever is honorable, whatever is lovely, whatever is of good repute, if there is any excellence and if anything, worthy of praise, let your mind dwell on these things. The things you have learned and received and heard and seen in me, practice these things; **and the God of peace shall be with you.***" (Philippians 4:8-9) Please note Paul did not say the peace of God (He is

the Holy Spirit, John 14:26, who is already with us). He said the 'God of peace'. This means God personally empowers us to remain under the control of the Holy Spirit.