

Fathers' Studies: Husband-Wife Relationships

"...that the man of God may be complete, thoroughly equipped for every good work."

LESSON 19 OF 52

COMMUNICATION

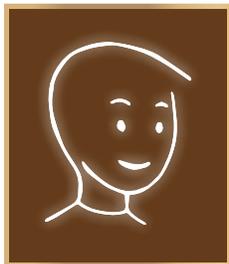
LESSON AIM: To see why good communication is needed for a good marriage and family life.

KEY VERSE:

1. **PSALM 78:4** God wants His people to speak to their children and tell them the _____ of the Lord and of His _____.
2. **PROVERBS 16:24** Good words are _____ to the soul and _____ to the bones.
3. **PROVERBS 10:31-32** Good words come from a good heart. A man who is _____ will be able to speak what is pleasing to others.
4. **MALACHI 3:16** The Lord _____ to those who fear Him and who _____ to one another.
5. **1 CORINTHIANS 13:1** Many words are just _____ unless you have _____ when you speak.

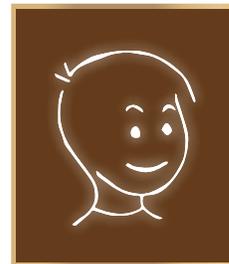
PERSONAL NOTES:

For You To Do



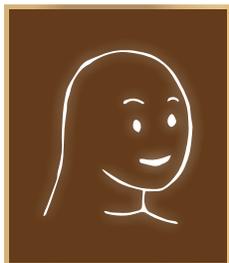
By Yourself

Use a voice recorder to record your voice while you talk to your wife and children. Listen to the audio. How do you sound? Happy? Angry? Discouraged? Plan to be more careful how you sound when you speak to your family in the future.



With Your Children

How long has it been since you held your children on your lap or put your arm around them while you talked to them? Try it today.



With Your Wife

How long has it been since you held your wife on your lap while you talked to her? Try it this evening.

Good communication builds a strong marriage. Poor communication brings marriage problems. Couples who do not communicate remain strangers to each other.

Many couples who have problems in marriage really do want to get along together. When problems come, these couples are confused because they do not know what caused the problems. Many of these problems come from poor communication.

Good communication is more than just speaking. It is also listening and understanding. If you speak and the other person has not understood, then you have not really communicated. If the other person speaks and you do not listen, there is no communication.

THERE ARE TWO KINDS OF COMMUNICATION:

SPOKEN This is done with words. There are four levels of spoken communication. All of them are important in some way.

Level 1: Getting started. Examples—"How are you?" "Fine." "How was fishing today?" "Not bad."

Level 2: Telling the facts. "I see you got some fish." "No, my brother got those. I was at a bad spot and didn't get any."

Level 3: Personal thoughts and ideas. "Will it rain today?" "I think so, the wind is from the east." "Yes, my grandfather always liked to fish in an east wind."

Level 4: Inner feelings—not just showing how you feel (as in unspoken communication) but telling how you feel and why. "You were angry when I didn't get any fish, weren't you?" "Yes. But I guess the real reason I was upset was because I was worried that something had happened to you."

UNSPOKEN This is what is said with eyes, touch, tone of voice, body movement, the expressions on the face, or even silence. It is this kind of communication that shows most clearly what is in the heart. When unspoken communication agrees with spoken communication, then people will understand and believe what is said.

In both kinds of communication, listening is as important as speaking. It is so important that there is another whole lesson on listening (Lesson 50).

PROVERBS 15:23-24, JAMES 1:19, PROVERBS 12:14, PROVERBS 25:8-14

PLEASING WORDS ARE LIKE HONEY. THEY ARE SWEET TO THE SOUL AND HEALING TO THE BONES. (PROVERBS 16:24)

Communication builds strong marriages.

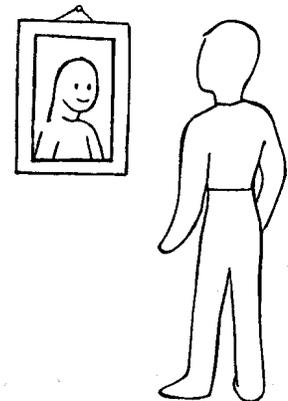
Communication is:

- Speaking "body language"
- listening
- understanding

Four levels of speaking:

- safe sentences
- telling facts
- personal ideas
- inner feelings

Love in the heart is the most important key to communication.



WINDOW TO LIFE

Jim and Kathy were at a meeting one night. At the social time after the meeting Jim said something about the nice clothes Jane was wearing.

Kathy had just bought a new dress and Jim had not said anything about it. She felt hurt and thought that Jim was not happy with her clothes. On the way home she was quiet. Finally Jim was able to get her to talk about her feelings. Jim began to realize how deeply he had hurt his wife in not complimenting her on her choice of clothing. With tears in his eyes he asked her to forgive him for his thoughtlessness. Kathy felt his sincerity and again had some hope for the future.