

Welcome

Presented by Prof.Elizabeth M. Role PhD

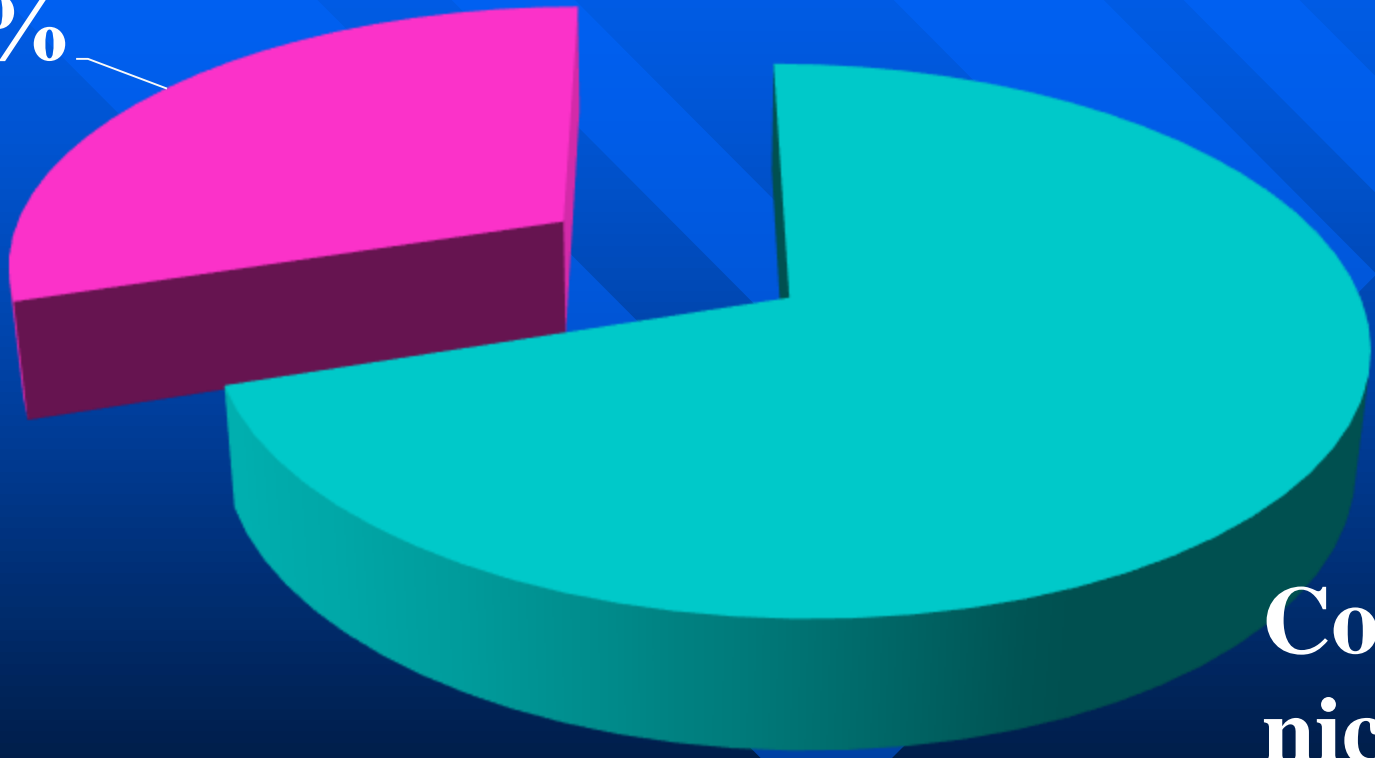


I can't hear you, honey...

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Causes of Marriage Problems

Others
30%



Communi-
cation
70%

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Levels of Communication



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Strangers level

- Cliché conversation
- Superficial
- Ordinary chatter
- No personal sharing
- Shallowest and least risky type of encounter



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Acquaintance level

- Reporting facts about others
- Facts without feelings

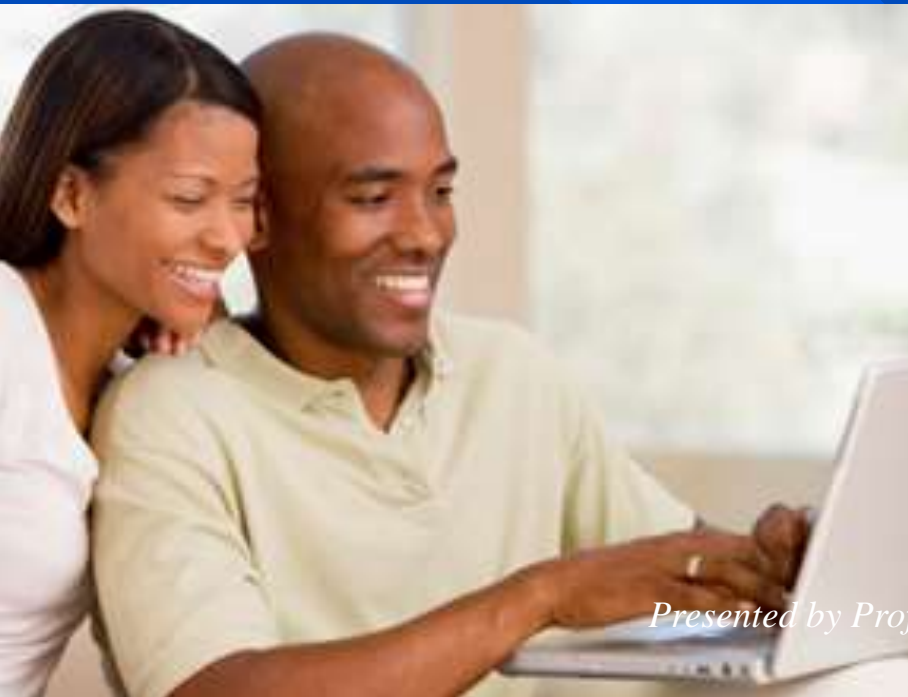


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Friends level

- **Sharing ideas, values and judgment**
- **True feelings are kept secret**



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True lovers level

➤ **Sharing feelings or emotions**



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➤ **A dialogue**
➤ **Work of the heart**



Super lovers level

- **Confiding in each other deepest thoughts and inmost feelings**
- **Unguarded freedom to be honest with one another**
- **Marriage must be based on absolute OPENNESS and HONESTY.**



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Communication in Your Marriage

Meaningful Communication

- **Taking the risk of revealing our inner selves and sharing our real feelings**

Matthew 26:38

*“My soul is overwhelmed with
to the point of death. Stay here
and keep watch with me.”*

Reasons for not Communicating

- ❑ Have not learned how to share openly with another person
- ❑ Being afraid to express their feelings or thoughts for fear of rejection or hurt

👎 An attitude that talking will not help

SILENT TREATMENT

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Communication is a process.

- ✓ Talking
- ✓ Listening
- ✓ Understanding

The key problem is how to understand and how to be understood.

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6 messages can come from one message.

- What you mean to say
- What you actually say
- What the other person hears
- What the other person thinks he hears
- What the other person said about what you said
- What you think the other person said about what you said

Modes of Expressing Feelings

➤ You-statement

- ❖ A statement of condemnation
- ❖ Places blame for the feelings of one on the behavior of the other

➤ I-statement

- ❖ A statement of confession
- ❖ Expresses one's feelings without saying explicitly who is the cause of such feelings

Luke 15:18, 19

*“I will arise and go unto my father,
and will say to him, Father,
I have sinned against heaven,
and before thee, and am no
more worthy to be called thy son.”*

Active Listening

- **Hearing more than the words that are spoken**
- **Perceiving the feelings that are hidden behind those words**



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Active Listening

“The most important thing in communication is to hear what isn’t being said.”

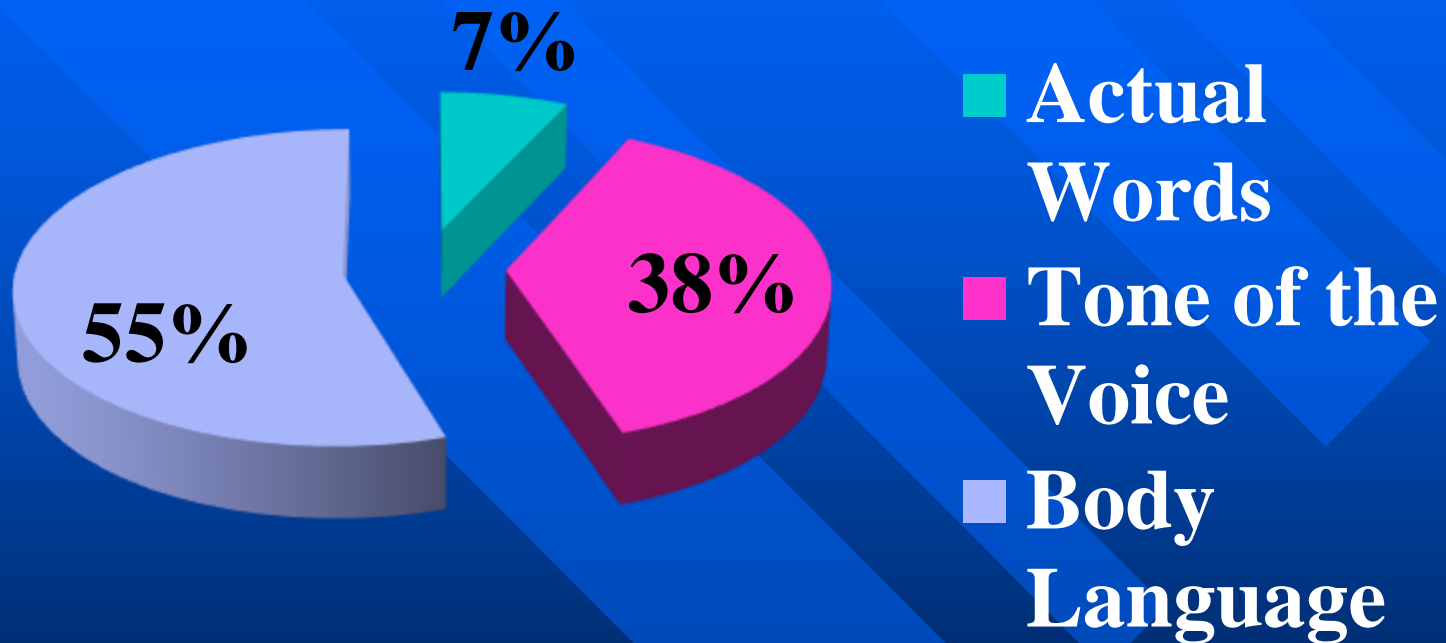
Peter Drucker

James 1:19

“Everyone should be quick to LISTEN, slow to SPEAK and slow to become angry.”

Anatomy of Communication

Effectiveness of the Message



Luke 5:8

*“Go away from me, Lord ;
I am a sinful man.”*

What Should Be Communicated?

➤ ACCEPTANCE

- ❖ Growth is dwarfed in the sands of criticism; it is fostered when fertilized with acceptance
- ❖ Communication of acceptance nurtures self-worth and creates self-worth and creates an environment for positive growth

What Should Be Communicated?

➤ **ADMIRATION**

- ❖ **Each human being has something worthy of admiration**
- ❖ **Each spouse should consistently communicate appreciation of those that are admired**
- ❖ **The listener's self-esteem is enhanced; the speaker experiences an inner reinforcement of the worth and preciousness of the spouse**

Song of Solomon 4:1, 3, 7

*“How beautiful you are, my darling!
Oh, how beautiful!*

Your eyes behind your veil are doves...

Your lips are like a scarlet ribbon; ...

*All beautiful you are, my darling;
there is no flaw in you.”*

Song of Solomon 5:10-13, 16

*“My lover is radiant and ruddy,
Outstanding among ten thousand.*

His head is purest gold...

His eyes are like doves by the water streams...

His cheeks are like beds of spice

Yielding perfume.

His lips are like lilies dripping with myrrh.

His moth is sweetness itself;

He is altogether lovely.”

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What Should Be Communicated?

➤ **AFFECTION**

- ❖ **Each spouse should make it a point of duty to express love to the other frequently**
- ❖ **The TONGUE and the EAR are powerful organs of intimacy and bonding that help the two to be one – in flesh and in spirit**

**The master key for resolving
communication crisis is a
SPIRIT OF LOVE.**

*Love is supreme, sweeter than the songs of
angels, greater than the gift of prophecy,
deeper than the mysteries of science,
stronger than the faith that moves
mountains, richer than philanthropy, and
mightier than martyrdom.*

*****1 Corinthians 13*****

Matthew 18:19, 20

*“If two of you on earth agree about anything you ask for it, it will be done for you by my Father in heaven. For where two or three come together in my name, **THERE AM I WITH THEM.**”*

OUR PRAYER

**“Dear God of love, please give us
Your SPIRIT OF LOVE
that we may learn to communicate
LOVE to each other in the way
we talk and the way we listen.
Then help us to share that love
With others, in Jesus’ name.”**

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