

STRONGER MARRIAGE--COMMUNICATION COMMUNICATION

JUNE 7, 2026

FOR ONE YEAR...

Stronger Foundation: Attend church with your spouse every Sunday possible.

Stronger Friendship: Schedule intentional alone time with your spouse.

Stronger Spiritual Intimacy: Pray daily for your spouse.

Stronger Sexual Intimacy: Have consistent sex with your spouse.

Stronger Communication: Commit to saying the right thing, in the right way, & at the right time with your spouse.

Stronger Roles: Discover & serve your spouse's love language.

CONNECTIVITY ISSUES

Jesus called them over and responded with an illustration. "How can Satan cast out Satan?" He asked. "A kingdom divided by civil war will collapse. Similarly, a family splintered by feuding will fall apart." Mark 3:23-24 (NLT)

In marriage, we aren't fighting each other. We're fighting **for** each other.

Sometimes we have unfair expectations.

Sometimes we have _____ expectations.

Sometimes we have unspoken expectations.

And sometimes conflict comes simply because of life.

Your ability or inability to communicate is the single source of satisfaction in marriage.

Couples do not divorce over finances. But how they communicate about finances.

CONFLICT CAN BE GOOD

"When conflict is resolved in a healthy way, each person walks away feeling understood." Greg Smalley

Husbands, live with your wife in an understanding way... 1 Peter 3:7

You should be the safest person your spouse can talk to, not the most hostile.

RULES FOR FIGHTING FAIR

Never name call.

Never bring up the past.

Never say _____ or always.

Never gaslight.

Never threaten divorce.

Never assign _____.

Never quote your pastor.

GUIDELINES FOR FIGHTING FAIR

Say the right _____.

Pick your battles.

It is a man's glory to overlook an offense. Proverbs 19:11

Stay on topic.

Do not bring other arguments into the argument.

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

Choose your words wisely.

Each of you must put off falsehood and **speak truthfully**. Ephesians 4:25

Do not let any unwholesome talk come out of your mouths, **but only what is helpful** for building others up according to their needs. Ephesians 4:29

Let your conversations be always **full of grace**. Colossian 4:6

Say the right thing in the right _____.

Speak with a positive tone.

A **gentle** answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1

We will speak the truth **in love**... Ephesians 4:15

(Reply to disagreements) with **gentleness** and **respect**. 1 Peter 3:15

Sometimes your tone needs to match the situation, but most times the tone needs to be humble & inquisitive.

Stay away from "targeting".

Listen & be listened to.

There is a time to be silent and a time to speak. Ecclesiastes 3:7

Spouting off before listening to the facts is both shameful and foolish. Proverbs 18:13

Seek understanding as you want to be understood.

Say the right thing in the right way at the right _____.

It is wonderful to say the right thing at the right time! Proverbs 15:23

Prayerfully discern the right time.

Talk in private, not in public.

Know when to walk away.

Be angry and do not sin. Do not let the sun go down on your anger. Ephesians 4:26