

***Improving Our Marriages***  
***Lesson 2 – Communicating with Our Mates Because We Seek to Serve***  
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***Introduction:*** Our desire to serve others will come because we have a living faith.

- A. When we become Christians we must deny ourselves. **(Gal 2:20)**
  - 1. The gospel will produce a heart that crucifies self and now looks to serve others.
  - 2. We seek communication because we now want to learn about the interests of others so that we might serve them. **(Phil 2:3-5)**
  - 3. This not only should be true in our attitude towards our brethren, but also in our attitude towards our mates!
- B. We all have been taught about communication in our homes --- for good or bad!
  - 1. Each of us must be teachable if we are to be a servant like Jesus.
  - 2. Some have learned a form of “communication” that is an extension of a selfishness taught by their parents. You can easily imitate that which is wrong.
  - 3. Because we are Christians, we are not afraid to test out attitudes and actions and then cast away things that are “aimless conduct received from tradition from your fathers.” **(1 Pt 1:18)**

***I. I cannot know what my mate needs unless I communicate often***

- A. One of the most foolish mistakes we can make is assuming we know what another is thinking. Overconfidence can hinder communication. **(Prov 18:12-13)**
  - 1. Communication takes place in at least three ways: words, tone of voice and facial expressions. You need to work to know what you are actually communicating. Some may fear talking to you.
  - 2. One may think they have communicated and have actually failed. Your mate cannot read your mind. Sometimes they cannot see “subtle” hints.
  - 3. It takes time to learn the “language” of my mate! (Ex. Silence means that I am hurt and want to communicate!?) When in doubt ask! “Is everything OK?”
- B. I must often express and demonstrate to my mate a willingness to listen. **(Jas 1:19)**
  - 1. A woman may communicate to share an experience. I must not interrupt with a solution!
  - 2. When I can understand that my “drinking from the fire hose” by listening at length to my mates words is emotionally comforting to her, then I should be joyful that she wishes to share these things with me.
  - 3. When I do not believe another will listen or will have an answer before I am heard, I will regard that person as not thinking I have much worth to them. Consider a job where a boss is like that. **(Prov 18:13)**
- C. When I realize the importance of communication then I will make time for it.
  - 1. Have you ever been too busy to eat for days? You find time for what is important. **(Eph 5:15)**
  - 2. Some flee real discussion because of guilt and fear. Building faith in God is the answer for the one struggling with a poor concept who he is before God.

## ***II. I need to understand things that hinder communication***

- A. I can teach my mate not to communicate with me! **(Jas 1:19; Prov 15:1)**
1. Uncontrolled anger in all of its forms is deadly to proper communication.
  2. When I stir up the works of the flesh in another by a display of selfish, uncontrolled anger, then I am under the power of Satan. **(Gal 5:19-21)**
  3. You and you mate must commit to communicating when you are under control. If that means waiting to speak then that is what you must do!  
**(Eph 4:26-27; Jas 1:19-20)**
  4. I can do the same thing with suspicion and imagination. I must always act with mercy and justice towards everyone, especially my mate.  
**(Ps 89:14; Hos 12:6; Mt 23:23)**
  5. When you act like a child or *imagine that which you cannot know*, then you are teaching your mate to avoid real communication with you! (Ex. No good deed goes unpunished.)
- B. I can “check out” while pretending to listen.
1. You need to eliminate distractions when you communicate. (Ex. Football on TV, computer screen, etc.)
  2. One wife once put the border of a computer screen around her face to creatively communicate with her husband.
- C. I can close my heart to hearing about some sensitive issues. **(2 Cor 7:2)**

## ***III. Learning how to better communicate with my mate***

- A. I must never stop learning.
1. Our lives and our very selves are constantly changing.
  2. Love will teach us to always draw closer to each other.
- B. I can *fail to gain wisdom* how better to communicate with my mate. **(Col 4:6)**
1. In addition to male-female differences, there are also personality types that prefer a kind a communication style over another. (Ex. Plain and blunt verses gentle and detailed)
  2. As you better come to know another you then will provide the kind of communication that will best open their hearts. **(1 Cor 9:20-23)**
- C. I must always fill my communication with words that build up others.
1. If you become a scoffer at others, it will affect you heart.
  2. The home where angry contention is a way of life will not have proper communication! **(Prov 22:24-25; 29:22-23)**
- D. I must major in asking for and in giving forgiveness. **(Eph 4:30-32)**
1. It is a great blessing to know your mate is a real Christian.
  2. As we learn to humbly work with each other, we then will be able to give one of the best gifts we can give to our children, a good marriage that reflects the mind of Christ.