

LISTENING AND COMMUNICATION: A GUIDE FOR HUSBANDS

I. Good COMMUNICATION takes time, patience and being willing to SLOW DOWN:

Obstacles: the pace of life – fatigue factor – making time when both feel safe to disclose.

1. “He who answers before listening -- that is his folly and his shame.” Pr. 18:13
2. “My dear brothers, take not of this: Everyone should be quick to listen, slow to speak and slow to become angry, for mans anger does not bring about the righteous life God desires.” (James 1:19)

II. Good COMMUNICATION requires understanding.

Obstacles: failure to recognize the sub-text that invariably informs all communication.

1. “An upright man gives thought to his ways (and his words).” Pr. 21:29
2. “For out of the overflow of the heart the mouth speaks.” Matt. 12:24

III. Good COMMUNICATION is based on TRUTH.

Obstacles: difficult to be completely honest b/c we will be exposed.

1. “An honest answer is like a kiss on the lips.” Pr. 24:26
2. “Therefore, each of you must put off falsehood and speak truthfully to his (spouse) neighbor, for we are all member of one body.” Eph. 4:29

IV. Good COMMUNICATION flourishes in an atmosphere of KINDNESS.

Obstacles: non-verbal expressions will contradict or confirm what you say with words.

1. “A gentle answer turns away wrath, but a harsh word stirs up anger.” Pr. 15:1
2. “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up, according to their needs, that it may benefit those who listen. Eph. 4:29

Questions: What are you communicating to your spouse when you speak?

Do you communicate in a way that enables her to feel SAFE, ACCEPTED, CERTAIN THAT SHE CAN TRUST YOU, CONFIDENT THAT YOU SHARE CONCERNS?