

# Coral Hill Ladies Day – October 24, 2015

## Lesson 2 – Making Our Marriage God's

Issues that cause breakdowns in marriage and people need help in overcoming including:

Communication      Financial issues      Anger & Conflict      Children      Busyness  
Unresolved Stress      Demands of Work/Career      Unrealistic Expectations      & More

Psalm 46:1, "God is our \_\_\_\_\_ and \_\_\_\_\_, A very present \_\_\_\_\_ in trouble."

### Communication

We communicate with each other every single day using: body language, attention, our tone. Communication is affected by our motivation, our timing, and our awareness of what is going on in the life of the other person.

What God says about communication?

Proverbs 12:18 – "There is one who speaks like the piercings of a sword, But the tongue of the wise *promotes* health."

Proverbs 18:21 – "Death and life *are* in the power of the tongue, and those who love it will eat its fruit."

Proverbs 14:29 – "*He who is* slow to wrath has great understanding, But *he who is* impulsive<sup>□</sup> exalts folly."

Proverbs 21:23 – "Whoever guards his mouth and tongue Keeps his soul from troubles."

Proverbs 29:20 – "Do you see a man hasty in his words? *There is* more hope for a fool than for him."

Do we see a pattern in the importance of not only the right words, but the right timing, and use of our words? James has a lot to say about communication in James 3:8-18.

What makes happy couples so different from unhappily married couples?

- A. They talk more to each other
- B. They convey the feelings that they understood what is being said to They have a wider range of subjects available to them
- C. They preserve the communication channels and keep them open
- D. They show more sensitivity to each other's feelings

Six stages of Communication

- A. What you meant to say
- B. What you actually said
- C. What your spouse actually hears
- D. What your spouse thinks he/she hears
- E. What your spouse says about what you said
- F. What you think your spouse said about what you said

7 Healthy Habits of Highly Effective People traits written by Stephen Covey. One of those is "Seek first to \_\_\_\_\_, then to be \_\_\_\_\_".

James 1:19, "So then, my beloved brethren, let every man be \_\_\_\_\_ to hear, \_\_\_\_\_ to speak, \_\_\_\_\_ to wrath;"

Real listening means...

- A. Listening means that when another person is speaking you are not thinking about what you are going to say when the other person stops talking. (Proverbs 18:18 – NCV Anyone who answers without listening is foolish and confused.)
- B. Listening is complete acceptance without judgment of what is said and how it is stated.
- C. Listening is the ability to restate accurately both the content and the feeling of the message.
- D. It Takes Work and Effort

- Physiologically we can listen five times as fast as we can speak. If someone speaks at 120 words per minute and you can listen at 600 words per minute what are you doing with the extra time?

Proverbs 1:5 “A wise man will \_\_\_\_\_ and increase learning, and a man of understanding will attain wise counsel, “

Barriers that keep people from really listening to each other.

- Defensiveness
- Personal Biases
- Different listening styles
- Inner Struggles
- The Habit of Interrupting
- Mental Overload
- Bad Timing
- Physical Exhaustion
- Selective Attention

Prime moments husband and wife can communicate and really hear each other.

- First four minutes of the day
- Last four minutes before you depart for the day
- First four minutes when you see each other again
- Last four minutes at the end of the day

#### I. The LUV Talk Communication Method

- Listen
  - Whole body
  - Non verbal
  - Eyes
- Understand
  - Ask Questions
  - Repeat what you have heard
- Validation
  - Set aside your own feelings and needs.
  - Try to truly understand and appreciate your spouse’s position. (even if you don’t agree with it)

Good communication is key to a strong marriages.

## Anger

### I. God Given Emotion

#### A. Scripture

- Genesis 4:5 – Revelation 19:15; second most frequently mentioned emotion. Second only to love.
- Old Testament mentions anger 455 times; 375 refer to God’s anger

Eph. 4:26-27. “Be angry, and \_\_\_\_\_ ”: do not let the sun go down on your wrath, nor give place to the devil.”

Anger is God given. It is another example of how we are created in His image. It has purpose in our lives. When used correctly anger can bring great changes. Anger is...

- A strong feeling of irritation or displeasure.
- A state of readiness. Anger is energy.
- Anger is a piece of information that can serve as an alarm, a warning sign that tells us we don't like what is going on.
- But anger is not the first feeling! We need to learn to recognize that anger is a secondary emotion that is experienced in response to a primary emotion such as fear, hurt or frustration.

Most people are only aware of the anger, they don't connect it with what has really caused it. It can be caused by feelings of being... 1. Hurt 2. Frustrated 3. Afraid  
Proverbs 16:32 says, "He who is \_\_\_\_\_ to **anger** is better than the mighty, And he who \_\_\_\_\_ his spirit than he who takes a city."  
It is key to know that there is a difference between experiencing the emotion of anger, and how we choose to express it!

"The true test of walking in the Spirit will not be the way we act but the way we react to the daily frustrations of life." – Beverly LaHaye

Nehemiah 5:6-7, "And I became \_\_\_\_\_ when I heard their outcry and these words. <sup>7</sup> After \_\_\_\_\_, I rebuked the nobles and rulers..."

Proverbs 15:28, "The heart of the righteous \_\_\_\_\_ how to \_\_\_\_\_, But the mouth of the wicked pours forth evil"

How To "Do" Anger 1. Confess it! 2. Process it! 3. Express it!

Remember it can be a warning tool. It can lead one of two directions.

Anger can be caused by hurt. Hurt can lead to anger, anger can lead to bitterness, bitterness can lead to resentment, and resentment can lead to violence. BUT...

Hurt can lead to anger and anger can lead to understanding, and understanding can lead to resolution which can lead to increased intimacy and trust between you and your husband.

Be angry but be kind always.

Ephesians 4:31 "Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice."

Proverbs 15:1 "15 A soft answer turns away wrath, But a harsh word stirs up anger."

## Forgiveness

1 Corinthians 13: 4-7 (this is from the NIV version, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup> It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no \_\_\_\_\_ of \_\_\_\_\_. <sup>6</sup> Love does not delight in evil but rejoices with the truth. <sup>7</sup> It always protects, always trusts, always hopes, always perseveres."

From the Focus on the Family website about Forgiveness:

### Granting Forgiveness

- Forgiveness is not letting the offender off the hook.
- Forgiveness is returning to God the right to take care of justice.
- Forgiveness is not letting the offense recur again and again.
- Forgiveness does not mean we have to revert to being the victim.
- Forgiveness is not the same as reconciling.
- Forgiveness is a process, not an event.
- We have to forgive every time
- Forgetting does not mean denying reality or ignoring repeated offenses.
- Forgiveness is not based on others' actions but on our attitude.
- If they don't repent, we still have to forgive.
- We don't always have to tell them we have forgiven them.
- Withholding forgiveness is a refusal to let go of perceived power.
- We might have to forgive more than the divorce.
- We might forgive too quickly to avoid pain or to manipulate the situation.
- We might be pressured into false forgiveness before we are ready.
- Forgiveness does not mean forgetting.
- Forgiveness starts with a mental decision.