



Episode 6 – Communication in Marriage Pt. 1

The Basics

Podcast Description

When it comes to making marriage work, there is nothing more important than communication. Communication is the vehicle with which two people learn and grow relationally. If your communication is broken or neglected, this series will benefit you in many ways. Join Tim and Elaine Russo as they discuss the most important concepts of communication in this new series, “Communication in Marriage.” Today’s episode will address The Basic of communication.

Communication in marriage is critical. (in relationships in general).
It has been said that “Communication is the LIFEBLOOD of any relationship.”

Communication is to marriage what skating is to ICE HOCKEY.
Until you learn to skate well, you can't concentrate on playing the game well.

The American Heritage Dictionary defines communication as: The act of sharing thoughts, messages and information.

Biblical Concept/passage:

For Communication Passages, See James 3:5-8; Colossians.4:6; Ephesians 4: 25, 29, 31-31;
Psalms 141:3; Proverbs 21:23; 18:13, 17)

Eph 4:25 Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

James warned of the danger of poor communication:

James 3:6-8 - *And the tongue is a fire, a world of iniquity. The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell. 7 For every kind of beast and bird, of reptile and creature of the sea, is tamed and has been tamed by mankind. 8 But no man can tame the tongue. It is an unruly evil, full of deadly poison.*

Colossians 4:6 - Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.

The purpose of communication is to Connect.

Communication connecting points:

- Emotional
- Relational
- Physical
- Spiritual

The goal of Communication (or a conversation) is understanding.

Obstacles to Communication

- Too busy
- Unresolved conflict – walls between you
- A guilty conscience (If you're doing anything that you don't want your mate to know about, this will hinder your ability to connect and communicate.
- Being defensive – protecting yourself
- Your upbringing (we talked about our differences in Episode 2)
 - Stuffers – EX. Elaine and me
 - Dumpers
- Gender differences – Women process verbally—men internally as a general rule but not exclusive.
- Poor communication skills- refer to what you previously said.

Everyone has learned certain communication habits and we have developed a particular communication style.

(over)

Levels of Communication

<https://www.familylife.com/mentorguide/you-make-no-sense-5-tips-for-improving-marital-communication/>

Four basic feelings: Mad, Sad, Glad, and Scared.

Summary:

- God designed us for human connection ● The purpose of communication is to connect.
- The goal of any conversation is to understand the other person
- We talked about common obstacles we need to be aware of
- And, we looked at the levels of communication and how these can help us assess where we are in a relationship

Action Steps:

Begin assessing your conversations and observe where you feel most comfortable. Consider how you might stretch yourself. I have found it to be beneficial for couples to acknowledge what you are about to do. "I would like to share with you how I feel" This alerts your spouse to what's about to happen so that they can be more attentive.

Thanks for Listening!

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