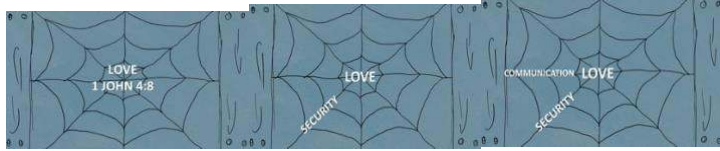


MEDIA

Better Together -3 Communication (B)

Seven anchor lines to a healthy marriage - Spider web



[Four Elements in Effective Communication]

Talking: Verbal sharing of one's thoughts or heart in a known tongue.

Let's talk! About what? What's wrong?

Listening: Two Major Components

Mark 4:9 – “He that hath ears to hear, let (choice) him hear (understand).

1. Choice
2. Understanding
Matthew 13:19 (NLT)

Feedback: Loving accountability for the speaker and the hearer.

- What was said?
- What was meant?
- What was heard?

Mark 4:24 – “Pay attention to what you hear. The closer you listen the more understanding you will be given...and you will receive even more.” (NLT)

Example: Sue's story (1992)

Goal – Unity (honor)

Mutual understanding **NOT** who wins or who is right!

Psalms 133 (commanded blessing on unity)

MEDIA

Honesty: Two kinds of lies.

1. Deception – intent to deceive
Colossians 3:9 – “Don’t lie to each other, for you have stripped off your old sinful nature and all its wicked deeds” (NLT)
2. Default – “White lies”
Ephesians 4:15 – “We will speak the truth in love, growing in every-way more and more like Christ....” (NLT)

Why do we lie by default?

- We don’t want to hurt people.
Honesty is not a license to hurt or harm.
“Let me be honest with you...”
- We fear misunderstanding or being falsely judged.
“Drama”
- Fear of rejection.
Honesty will cost you **something** but lying can cost you **everything**.

Solution A: Reward vs. punish honesty

Solution B: Value the truth
Honesty does not mean we share everything
(Wisdom may call for reservation and process)

Solution C: Seeking God together for solutions and emotional health

Take Away:

1. Honesty will cost you **something** but lying can cost you **everything**.
2. Honesty is not a license to hurt or harm.
3. The goal of loving accountability is mutual understanding and **NOT** who wins or who is right!