



TALK IT OVER

Cracking the Code

BOTTOM LINE

Speak so you can be heard.

CONVERSATION STARTER

What's the longest phone conversation you ever had? With whom? What subject do you never get tired of talking about?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointe.org/daily
- [Six Levels of Marriage Communication](#) by Gary Smalley

KEY VERSES AND QUOTES

Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. Ephesians 4:29 NLT

Submit one to another out of reverence for Christ.... However, each one of you must also love his wife as he loves himself, and the wife must respect her husband. Ephesians 5:21, 33 NIV

“There are six possible messages every time you speak: What you *mean* to say **and** what you *actually* said. What they heard **and** what they *think* they heard. What they say about it **and** what you *think* they said about it.”
– Dwight Mason

“People remember how you made them feel more than what you said.”
– Dwight Mason

“Mutual submission is leveraging all of my resources, my gifts, my talents, and all of me for what benefits you the most.” – Dwight Mason

“A woman's primary language is love; a man's primary language is respect.”
– Dwight Mason

TALK IT OVER

Relationships get in trouble because we communicate in code. We believe our spouse should know and speak it. Seventy-five percent of our problems are related to poor communication. Discuss. You may not be hearing what the other person is actually saying because you each have filters. How do we get our filters? Example? How do assumptions short circuit communications? Exaggerating, labeling, bringing up the past, and asking loaded questions are all accusatory. How do you deal with these tendencies in your communication? Fear prevents honest communication. What fears are the biggest for you in communication? Discuss the roles of love and respect in a marriage. How does mutual submission express itself? Which of the guidelines for communicating with your spouse needs the most attention from you?

ACTION STEPS (This or one of your own)

I want to grow my marriage by speaking so I can be heard, and listening so my spouse can be heard. I will work on this area of my communication:

My Action Step: _____
