

THIS IS HOME: COMMUNICATION

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November 26-27, 2016

Proverbs 18:20-22 NKJ

A man's stomach shall be satisfied from the fruit of his mouth; from the produce of his lips he shall be filled. DEATH and LIFE are in the POWER OF THE TONGUE, and those who love it will eat its fruit. He who finds a wife finds a good thing, and obtains favor from the Lord.

Five Levels of Communication:

1. Cliché: "How are you doing?"
2. Factual: "Donald Trump is our new president."
3. Opinions: "Are you going to wear *that*?"
4. Emotions: "I am so tired of the way you treat me!"
5. Transparent: "Can we talk about what's really going on in our marriage?"

Three Reasons Why People Fail to Communicate Well:

1. Low self-worth
2. Fear of criticism or judgment
3. Internally disconnected

Six Keys to Effective Communication:

1. Make Jesus your role model.

Ephesians 5:25-28 MSG

Husbands, go all out in your love for your wives, exactly as Christ did for the church—a love marked by giving, not getting. Christ's love makes the church whole. HIS WORDS EVOKE HER BEAUTY.

Everything he does and SAYS is designed to bring the best out of her, dressing her in dazzling white silk, radiant with holiness. And that is how husbands ought to love their wives. They're really doing themselves a favor—since they're already "one" in marriage.

2. Seek to understand one another.

1 Peter 3:7 AMP

In the same way, you husbands, live with your wives in an UNDERSTANDING way [with great gentleness and tact, and with an intelligent regard for the marriage relationship], as with someone physically weaker, since she is a woman. Show her honor and respect as a fellow heir of the grace of life, so that your prayers will not be hindered or ineffective.

You will never believe in someone you don't understand.

3. Wait for positive environments before having deeper levels of communication.

4. Learn to value listening.

James 1:19 AMP

Understand this, my beloved brothers and sisters. Let everyone be quick to hear [be a careful, thoughtful listener], slow to speak [a speaker of carefully chosen words and], slow to anger [patient, reflective, forgiving]...

Listening Involves Four Things:

1. Eye contact
2. Affirming words
3. Repeating what is said
4. Asking questions

5. Learn the power of affirmation.

Ephesians 4:29 NLT

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

6. Learn to connect together in Spirit.