

# The Marriage Series

February 15 – March 8





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## Communication: Increasing our Understanding

Oneness is:

“being in joyful agreement with  
God’s will and purposes.”

The couple who seeks to  
understand each other will  
value what it takes for  
genuine communication to  
occur.

Communication  
Levels

Meaning  
[sharing]

Degree of  
Transp.

#/People

Cliché

non-  
sharing

Fact

knowledge

Opinion

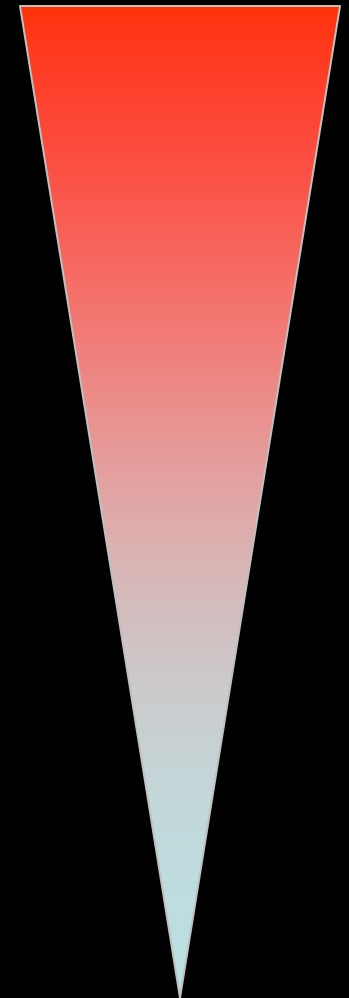
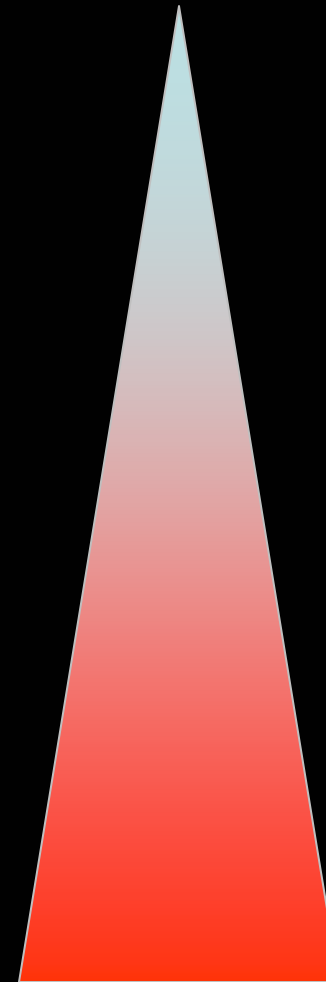
thoughts

Emotion

feelings

Transparency

who you  
are



From, why am I afraid to tell you who I am, by John Powell



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## Communication: Increasing our Understanding

1. Listening is seeking  
to understand

You can give others a  
superior gift by listening

Romans 12:9-10 “Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love; give preference to one another in honor.”



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Listen with Focused attention

Listen with acceptance

Listen with friendliness

Listen for clarity



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16:24 “Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”

17:27 “A man of knowledge uses words with restraint, and a man of understanding is even-tempered.”

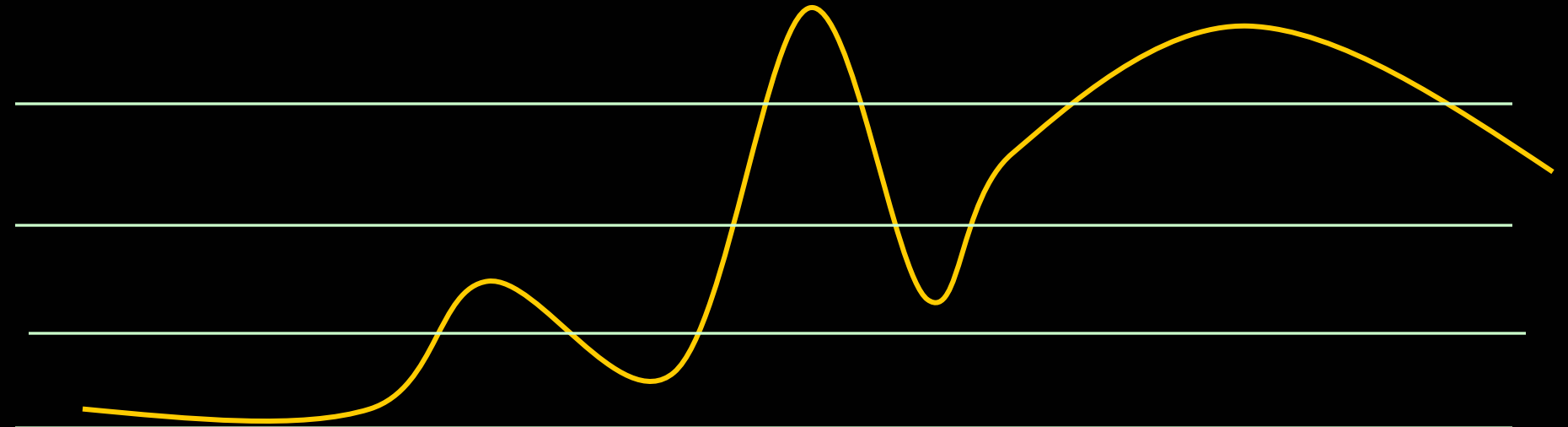
Proverbs 17:28 “Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue.”



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## Communication: Increasing our Understanding

2. Expressing is Seeking to  
be Understood



**Cognitive**  
[Facts]  
Closed, has difficulty  
expressing emotions

**Emotional**  
{Feelings}  
Open, has difficulty  
confining emotions



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## Communication: Increasing our Understanding

Proverbs 20:5 “The purposes of  
a man’s heart are deep waters,  
but a man of understanding  
draws them out.”

Emotional intimacy involves  
the disclosure of

Thoughts

Feelings

Needs

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