

**FEBRUARY 2021**

STRENGTHEN YOUR MARRIAGE:

# Good Communication



## [Ephesians 4:25-32]

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin"[a]: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

## [Dig a Little Deeper Together]

**READ:** Proverbs 15:1 & 23, Proverbs 16:23

### **ANSWER THE FOLLOWING QUESTIONS:**

Discuss what has hindered your communication in the past.

Look at the following verses and record the wrong ways to handle anger:

Proverbs 17:14, Proverbs 29:11 & 20, Colossians 3:8

Look at the following verses and record the right ways to handle anger:

Matthew 5:43-44, Proverbs 25:28

Discover what your spouse thinks about the following items:

Chief Interests

Greatest fears

Greatest likes

Greatest dislikes

**OPTIONAL:** Read and complete Unit 4 - God's Purpose for Marriage from Strengthen Your Marriage by Wayne Mack

\*Resource: Strengthening Your Marriage by Wayne Mack