



Welcome

Great to see you!





Holding Hands

**Lesson 3 - The Power of Positive
Communication**

Communication is one of the most crucial issues that determines the success or failure of a marriage.



**‘Life and death are in the power
of the tongue.’**

Proverbs 18:21





**'He made my
mouth like a
sharpened
sword.'**

Isaiah 49:2



Words are
power



Words are
seed bearing
entities

**Your marriage will never rise above the
level of your mouth**





**Words are
nuclear in the
unseen realm**

**The tongue also is a fire, a world of evil
among the parts of the body.**

James 3:6





Words can
destroy



**Words are
eternally**

recorded by God

Words do not disappear

**But I tell you that everyone will have to give
account on the day of judgment for every
empty word they have spoken.**

Matthew 12:36



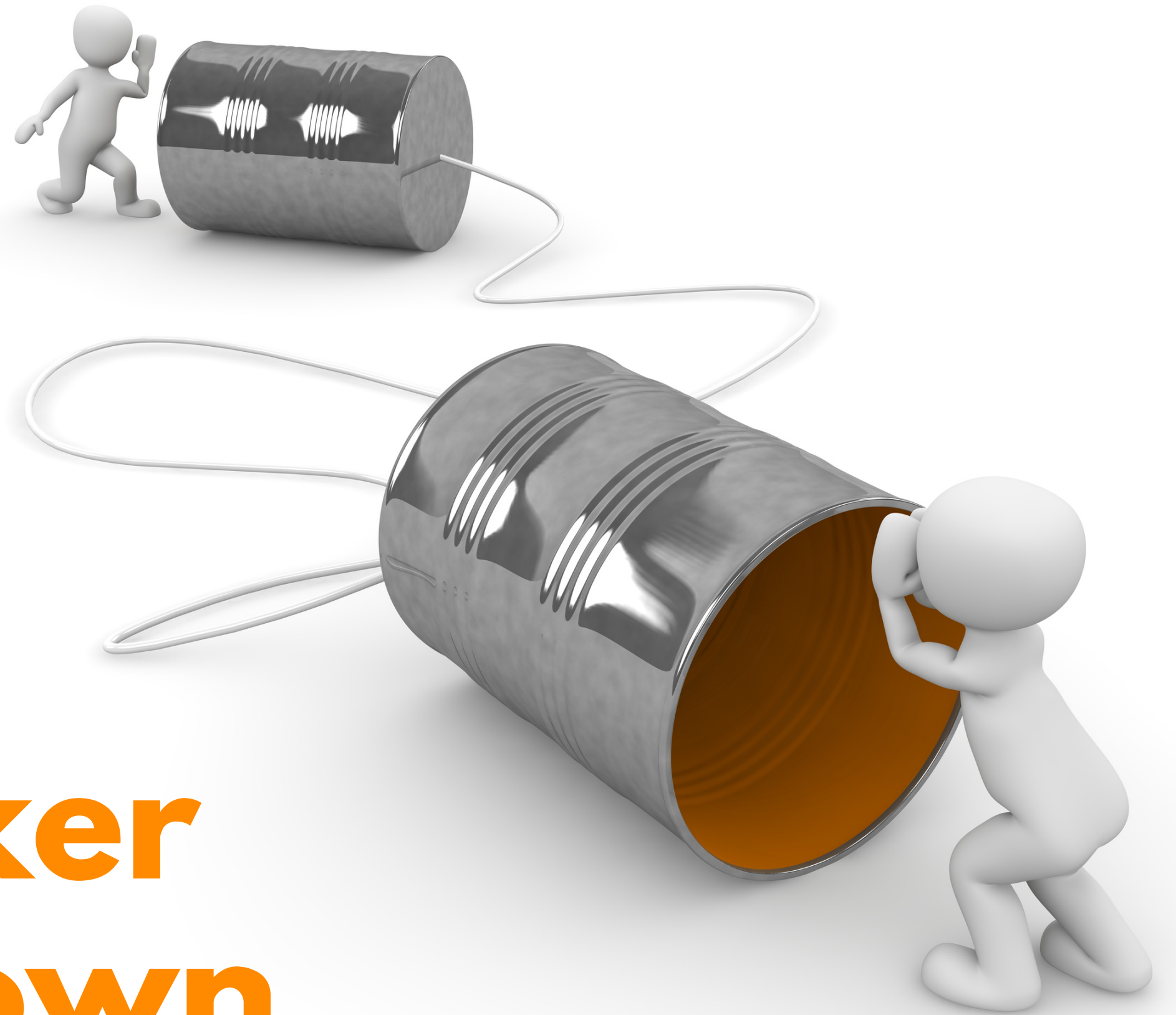


**Our hearts are the tree, and our
words are the fruit**

A dense forest scene with sunlight filtering through the trees, creating a serene and natural atmosphere. The text "Your words reveal your heart" is overlaid in white, bold, sans-serif font across the center of the image.

Your words reveal your heart

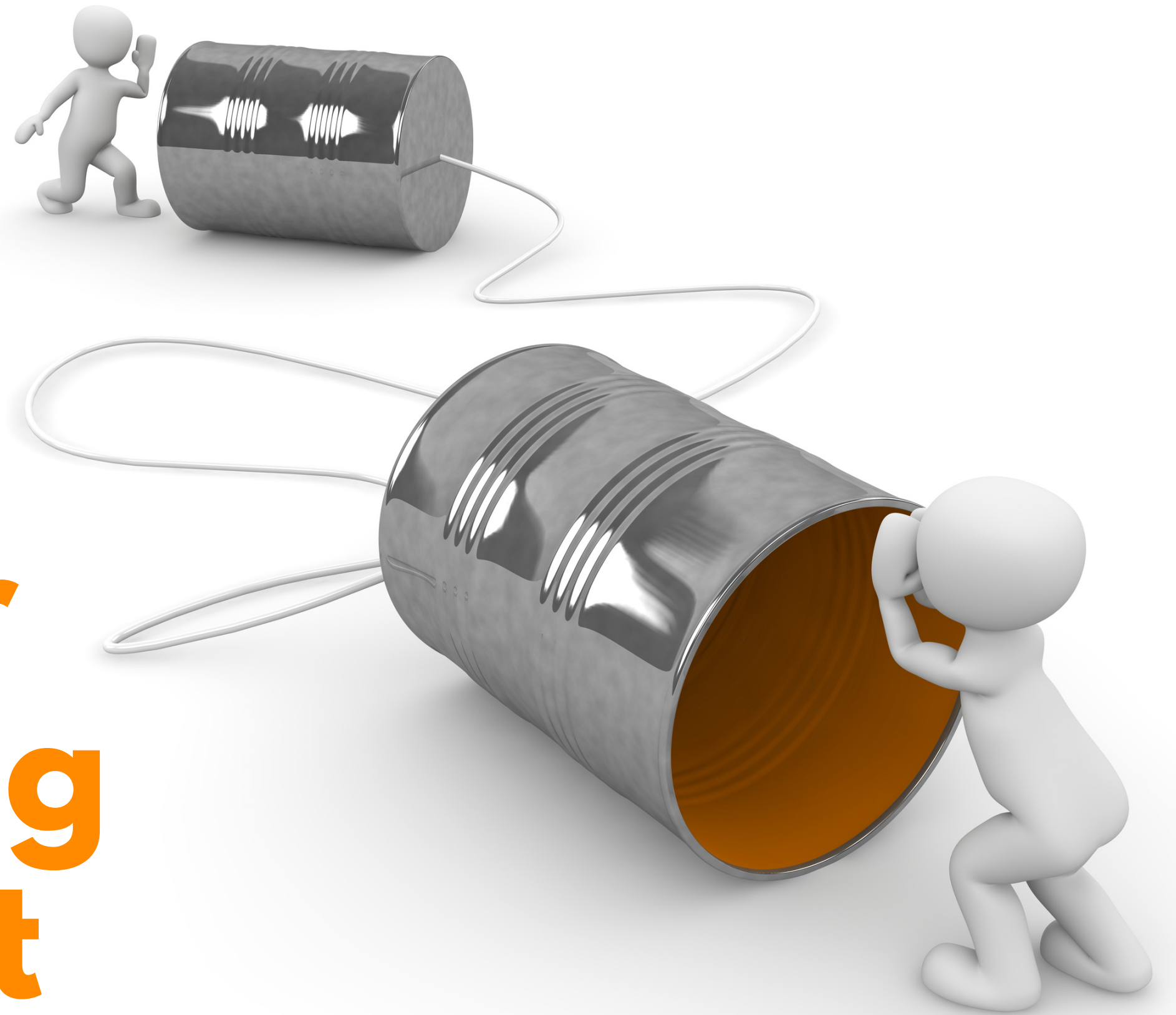
Tool #1



**The fast talker
must slow down**

Tool #2

Don't say or
write anything
you wouldn't
repeat





**The 4 horsemen of the apocalypse in marriage for
disaster or divorce**



#1 Criticism

Criticize:

Complain:



Criticize:

Focuses on the persons character

"Are you too lazy to pick up your towel?"

Complain:

Focuses on the persons behaviour

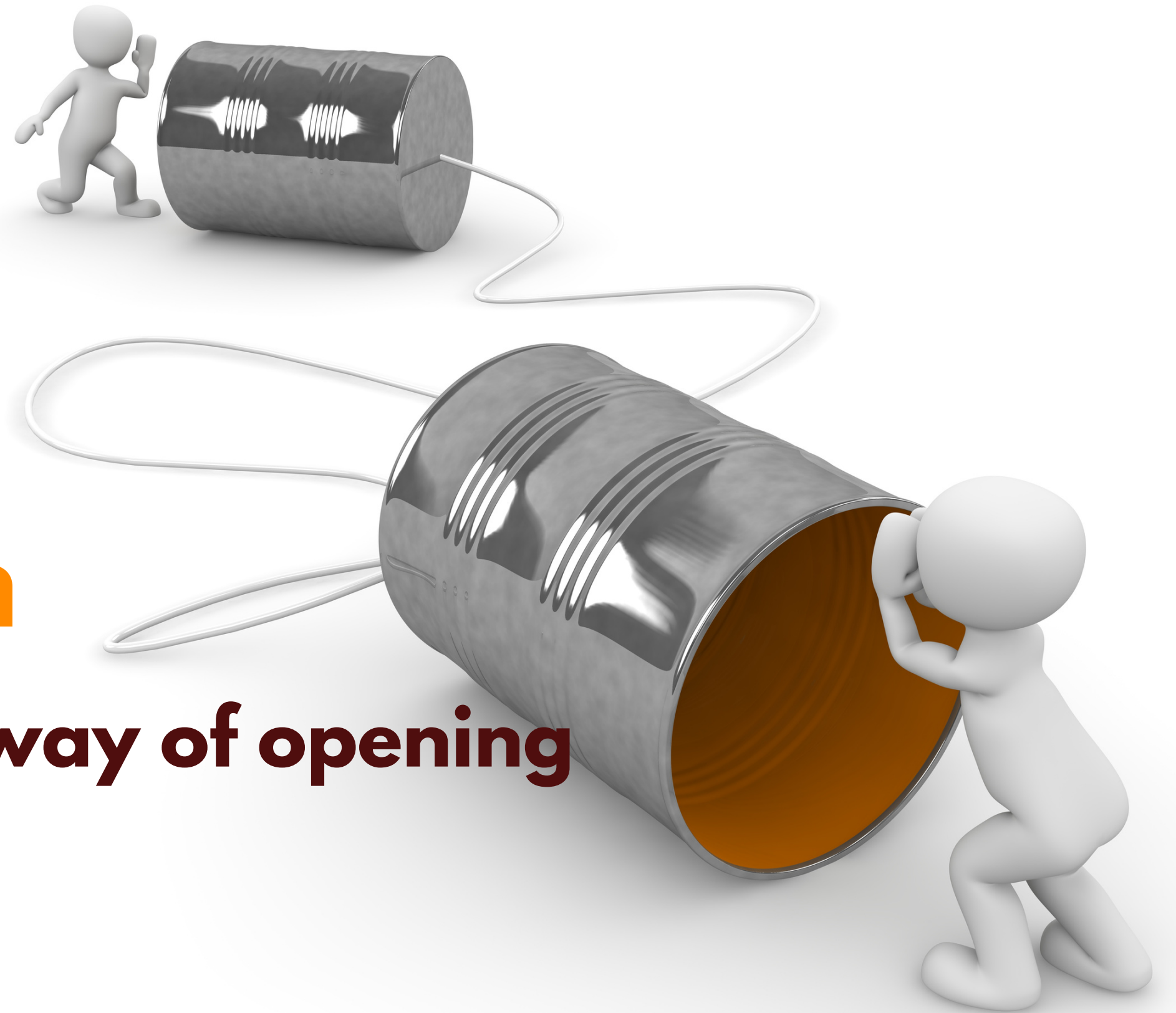
"I don't like it when you leave the towel on the bathroom floor"



Tool #3

We must give each other the right to complain

-We must then, Establish a way of opening that discussion





Discussion Time

Let's grow together!

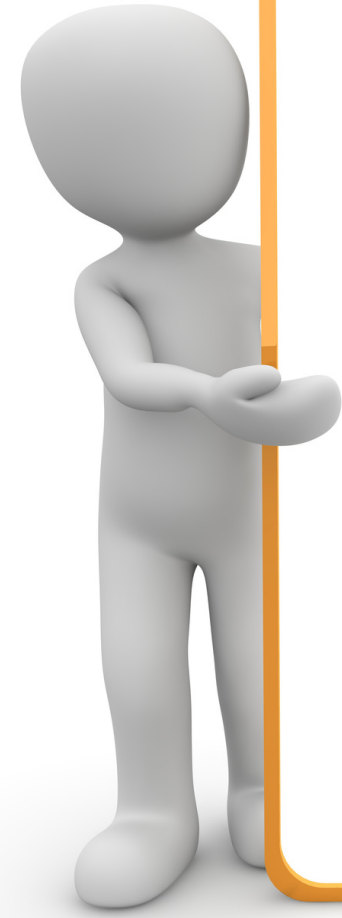


Tool #3

We must give each other the right to complain

- We must then, Establish a way of opening that discussion
- Breathe slowly, listen and ask clarifying questions if something was unclear.
- We must be honest
- Think before you speak and react





**Scenario #1:
Spouse leaves
bath dirty after
washing the kids**



**Scenario #3: Spouse
is late (again) for an
important meeting
with you**



**Scenario #2:
Spouse often
brings something
up that happened
a few years ago**



**Scenario #4:
Spouse
drives too
fast**



Role play

Show your acting skills!





Coffee break

Enjoy a cup on us!





#2 Defensiveness
Not taking responsibility



#3 Contempt

We don't care about each other



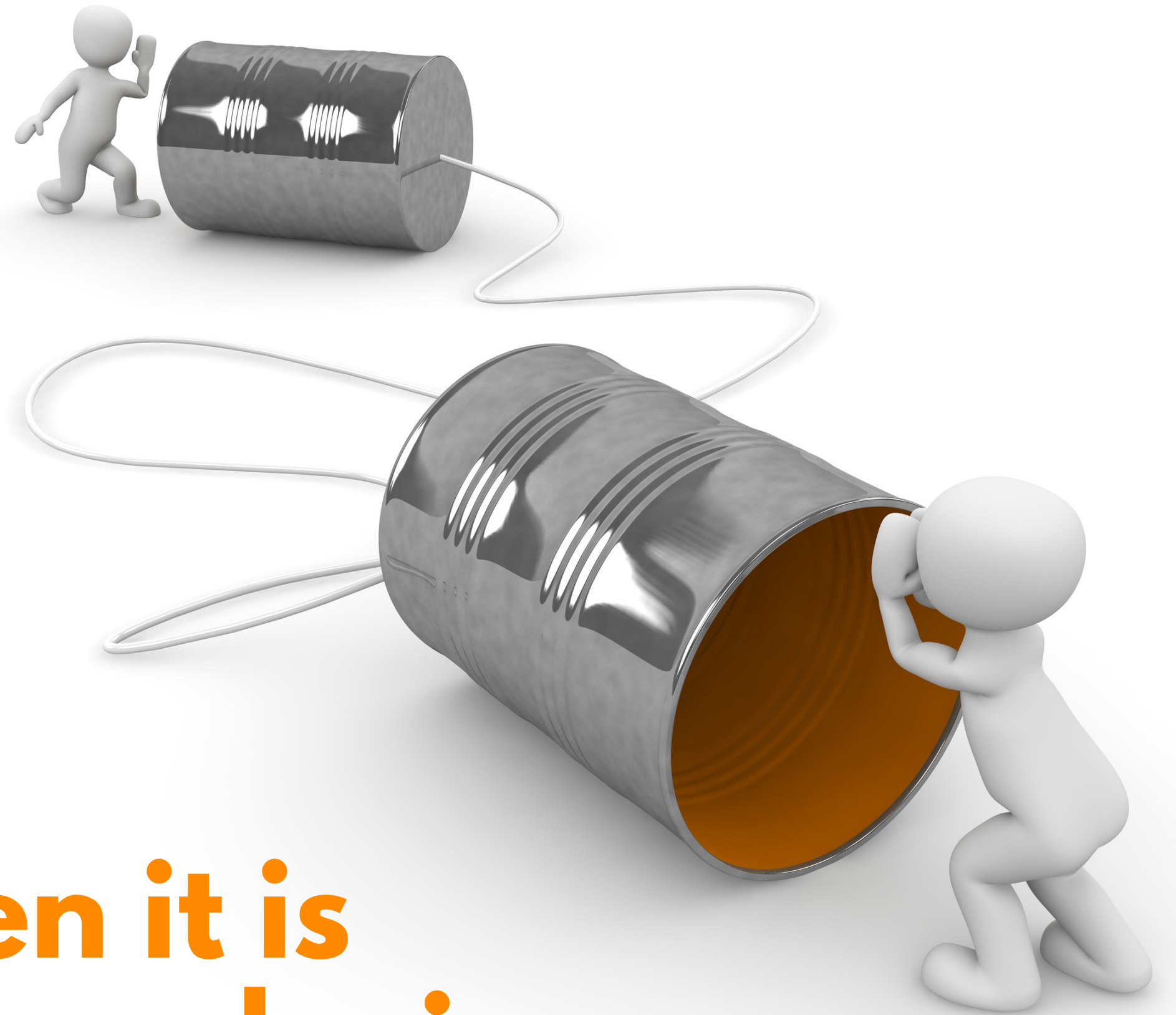
#4 Stonewalling

We withdraw from the conversation

Social Media and the Net destroys families



Tool #4



**Discuss when it is
appropriate to use devices**

**“Set a guard, O Lord, over my mouth;
Keep watch over the door of my lips.”**

Psalm 141:3





Discussion Time

Let's grow together!





5 Standards of successful communication



Care/Empathy



Praise



Truth



Faith



Surrender

Goodbye

See you Sunday!

