

## Sermon Notes 01.18.26

### ***Proverbs 24:3-4***

Healthy communication is key to a vibrant marriage.

These verses tell us that marriage isn't about what you possess, it is about who you are!

Any marriage can be rebuilt/restored with wisdom.

Wisdom means to see with discernment: Speaks having vision and wisdom is the application of knowledge!

Establishing and maintaining good communication takes work. We have to be intentional!

Men have the tendency to be only interested in information, while women are more interested in intimacy.

*Genesis 2* - God saw the aloneness of man and thought this isn't good! He needs a woman (companion - a friend.)

We have been designed by God to be relational - First with Him, Second with others.

One of the deepest relationships is between a husband and wife.

Men have a tendency to want to fix things, women sometimes need to just vent!

What causes breakdown in communication?

1. Busyness
2. Not listening

How do we build communication back up?

1. Schedule time together
2. Spend time in the Word together
3. Try to keep the business side of marriage to once or twice a week
4. Learn to talk through problems. (*Proverbs 25:11*)

**T** - is it Timely. (*Proverbs 13:3, Proverbs 18:2,13*)

**H** - is it Helpful. (*Ephesians 4:29*)

**I** - is it Inspiring. (*Job 4:4*)

**N** - is it Necessary. (*James 1:19-20*)

**K** - is it Kind. (*Colossians 4:6*)

**Weekly Memory Verse:**

*Proverbs 24:3 – By wisdom a house is built, and by understanding it is established.*

**Scripture Chapter Challenge:** Read *Titus 3*