

•25 Husbands, love your wives, just as Christ also loved the church and gave Himself for it, 26 that He might sanctify and cleanse it with the washing of water by the word, 27 and that He might present to Himself a glorious church, not having spot, or wrinkle, or any such thing, but that it should be holy and without blemish.

•33 However, let each one of you love his wife as himself, and let the wife see that she respects her husband. Ephesians 5:25-27,33

•29 Let no unwholesome word proceed out of your mouth, but only that which is good for building up, that it may give grace...

Ephesians 4:29

•Story of Kim getting choked and spitting...

•How do you talk to each other now compared to when you were dating? Just breathing...

•All couples fight: Healthy couples fight clean. Unhealthy couples fight dirty.

•Have you ever had a fight and stopped in the middle to answer the phone? Married? Had a fight? Way to church?

Healthy communicate for resolution./Unhealthy fight for victory.

•John Gottman studied marriage for 16 yrs. Watch couple fight 5 min, determine with 91% accuracy if divorce.

•Not if they fight—how they fight!

•100 mental health professionals and found that communication problems-most common factor that leads to divorce (65%), followed by couples' inability to resolve conflict (43%).

•Picture Diagram

•Couple married 60 years-They had shared everything. They had talked about everything. They had kept no secrets from each other except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about. For all of these

years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover. In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000. He asked her about the contents. 'When we were engaged,' she said, ' my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll.' The little old man was so moved; he had to fight back tears. Only two Precious dolls were in the box. She had only been angry with him two Times in all those years. 'Honey,' he said, 'that explains the doll, but what about all of this money? Where did it come from?' She said, 'that's the money I made from selling the dolls.'

•A quarrelsome wife is like a constant dripping on a rainy day.

Proverbs 27:15

•It is better to have severe hemorrhoids than to live with a husband who is a jerk. 2 Eric 3:7

☑ Change your mouth, Change your marriage!

•Women are 3 times more verbal- Men/I don't feel like talking-Do you want your wife to have sex with you only when she feels like it?

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•Unwholesome- Spoiled Fruit, Rotten fish. The Cooler

•**Shark Mouth**- Leaves you wounded and bleeding.

•**Catfish Mouth**- Bottom feeder. Digs up.

•**Angler Fish Mouth**- Bait. Patient. Waiting to devour. WIN!

•**Puffer Fish Mouth**- Puffs up. Keeps distant. Passive aggressive.

☑ Before you SPEAK

•Everyone should be quick to listen, slow to speak. James 1:19

•- **Total Picture/Timing/Tone/Temperature**

•Every word you speak has meaning to your spouse...and **HOW** you say those words carry even more meaning.

•Don't say I didn't mean that. *Ask why am I saying that?*

When you fight- *Never throw insults/Never blast to the past/Never call for backup/Never say "I'm out of here"/Never 1 UP/NEVER USE THE D WORD.*

•**Before she was your wife she was God's daughter...and He is VERY concerned about how someone treats His girl!**

•**Bad words are never worth it!- No one has ever been made better by cussing them out.**

•**Don't allow Insecurity to control the volume.**

•*Who's controlling my volume right now?*

•**As high as you want your marriage to go, your words have to go there first.**

•**Fast Food Speaker-** *You approach the speaker./They greet you and ask what you would like./You tell them what you want./They repeat what you said to make sure they heard you correctly./You affirm or correct what they heard/ They either tell you they can fill that request, or they can't fill that request and offer a substitute./You express your willingness to compromise what you want or sacrifice what you want.- Drive through conversations:**Only one person at a time speaks at a time.***

Stop Fighting IN IT and Start Fighting For It!

•— as long as you see your spouse as the enemy your home will always be a battlefield, and EVERYONE loses when you fight with each other and not for one another. **Back to Back**

Are you winning the arguments ahead of winning the relationship?

•Spoiled fish will smell up the whole house.

- With Christ—all things are possible.**
- With Christ—any marriage can be healed.**
- With Christ—your marriage can be healed.**