

## Recap of 10/22/17:

1. Biblical roles of wives in marriage are: respect and respond to your husband's leadership, don't compete for control (Ephesians 5:22-24; Colossians 3:18); express appreciation and respect (Ephesians 5:33); be positive and supportive, not quarrelsome (Proverbs 21:9, 19; 27:25-16; 1 Peter 3:1-6)
2. The fifth Biblical principle of marriage is: Forgive each other without limit (Ephesians 4:25-32; Matthew 18:21-35). Since we have been forgiven an incalculable debt at Calvary we must therefore forgive each other without limit.
3. The sixth Biblical principle of marriage is: Don't escalate arguments (1 Peter 3:8-12)
4. Good communication skills are essential to marriage. In the words of H. Norman Wright: "Communication is to love what blood is to life. Have you ever thought about it in that way before? It is impossible to have any kind of relationship unless there is communication. That is true for you and your partner and for your relationship with God."
5. The three components of communication are:
  - Talking (according to one researcher, made up of: 7% words, 38% tone of voice, and 55% non-verbal, posture, gestures, facial expressions, etc.)
  - Listening (James 1:19; Proverbs 18:13)
  - Understanding, "Did you hear what I said?" is not an inquiry as to the state of your hearing!!
6. Ten Principles of Communication from the Scripture are:
  - 1. Don't use words that wound (Proverbs 12:18; 15:4; James 3:8-10);
  - 2. Our words reflect our walk, we must keep growing in the Word (Proverbs 4:20-23; 15:28; 16:23);
  - 3. Use our ears before our mouth (Proverbs 18:13,15; James 1:19);
  - 4. Think before you speak, don't shoot from the lip (Proverbs 12:18; 29:20);
  - 5. Think about what is appropriate to the situation (Proverbs 15:23; 25:11);
  - 6. Be a person of few words (Proverbs 10:19; 11:13; 17:27,28; 20:19);
  - 7. Guard other people's reputations-don't share something that will embarrass them (Proverbs 17:9);
  - 8. When you have an opening to be cutting...don't (Proverbs 15:1);
  - 9. Don't walk around with your heart on your sleeve, don't take offense easily. (Proverbs 12:16; 19:11);
  - 10. Be honest, genuine, and loving in our words (Proverbs 28:23; Ephesians 4:15,25; Colossians 3:19)