




# Preparing For Marriage God's Way

Strengthening Your Relationship  
Through Effective Communication

Session 4

I. Non-Verbal Communication: Our  
Actions & Behavior

II. Auditory Communication:  
Our Listening Practices



# What is the Greatest cause of trouble in marriages and families today?

- ✦ Ultimate Cause: Sinful Selfishness
- ✦ Functional Cause: Poor Communication

**Principle: Good relationships are built and sustained by effective communication.**



# How important is Communication?

- ✦ Prov. 18:21
- ✦ Ephesians
- ✦ Matt 12:37
- ✦ Prov. 11:9,11
- ✦ Prov. 12:18
- ✦ James 3



# What happens when husbands and wives don't communicate effectively?

- ✦ Superficial-ness and Shallowness  
(Prov. 27:17; 1 Thes. 4:18; 1 Thes. 5:11)
- ✦ Wise decision-making thwarted  
(Prov. 12:15, 11:14, 15:22)
- ✦ Confusion and disorder  
(Amos 3:3; 1 Cor. 14:33,40)
- ✦ Apparent disagreements turn into conflicts  
(Josh. 22:10-33)
- ✦ Conflicts remain unresolved and affect the relationship negatively.



# What Constitutes Effective Communication?

- ✦ Communication is a **PROCESS** not an event.
- ✦ Communication is the art of conveying information and **MEANING** in order to come to a **COMMON UNDERSTANDING**.
- ✦ Communication is a process of sharing information with another person in such a way that the people involved
  - ✦ are **MUTUALLY STRENGTHENED** and **ENCOURAGED** (Eph. 4:29)
  - ✦ Experience **HARMONY, UNITY, and EMOTIONAL CLOSENESS** (Eph. 4:25).



# Effective Communications Outline

- I. **Non-Verbal Communication:**  
Our Actions & Behavior
- II. **Auditory Communication:**  
Our Listening Practices
- III. **Verbal Communication:**  
Our Words & Speech



# I. Non-Verbal Communication: Our Actions & Behavior

4 Facts about Non-Verbal communication:

- A. It is Important
- B. It is Continuous
- C. It is Powerful
- D. It is Often Misunderstood



# Non-Verbal Communication:

## *A. It is Important*

- ★ Eph. 4:28
- ★ John 14:21,23
- ★ Matthew 7:21-23
- ★ Luke 6:46
- ★ Gen. 3:7-10
- ★ Gen. 4:5,6
- ★ Gen. 32:6
- ★ Rom. 5:8





# I. Non-Verbal Communication: Our Actions & Behavior

4 Facts about Non-Verbal communication:

A. It is Important



B. **It is Continuous**

C. It is Powerful

D. It is Often Misunderstood



# Non-Verbal Communication: *B. It is Continuous*

- ✦ It is true of God's Communication (Ps. 19:1-4)
- ✦ It is also true of our Communication



# I. Non-Verbal Communication: Our Actions & Behavior

4 Facts about Non-Verbal communication:

A. It is Important

B. It is Continuous



C. **It is Powerful**

D. It is Often Misunderstood



# Non-Verbal Communication: *C. It is Powerful*

- ✦ Romans 5:8, 8:32

- ✦ Titus 1:16



# I. Non-Verbal Communication: Our Actions & Behavior

4 Facts about Non-Verbal communication:

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D. **It is Often Misunderstood**



# Non-Verbal Communication: *D. It is Often Misunderstood*

- ✦ Mark 4:35-41
- ✦ Rom. 2:3-5
- ✦ 1 Sam. 1:9-18
- ✦ Acts 2:1-13



*In Summary:*

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# Auditory Communication


3 Questions concerning effective listening:

- A. WHY is good listening so important?
- B. WHAT is good listening?
- C. HOW can good listening skills be developed?



## A. WHY is Good Listening So Important?

1. Good listening is important because our triune God is a good listener.
2. God has told us to be good listeners.
3. Good listening is a means of receiving grace / help.
4. Good listening is necessary for good speaking.
5. Good listening is a way of promoting good relationships.
6. Good listening is a way of serving other people.



1. Good listening is important because our triune God is a good listener.

- ✦ God the Father (1 Pet. 3:12, Ps. 34:6)


- ✦ Lord Jesus Christ (John 14:24, 15:15)

- ✦ Holy Spirit (John 14:26-27, 16:13)

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## A. WHY is Good Listening So Important?

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3. Good listening is a means of receiving grace / help.
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## 2. God has told us to be good listeners.

- ✦ To listen to God (Is. 55:1-3; Mark 9:7)
- ✦ To listen to each other (Prov. 18:13; James 1:19)



## A. WHY is Good Listening So Important?

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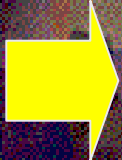
### 3. Good listening is a means of receiving grace / help

- ✦ From God (Rom. 10:17; Is 55:3)


- ✦ From other people (Eph. 4:29d; Prov. 19:20, 27)



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- 





## 4. Good listening is necessary for good speaking.

- ★ Good listening helps us to know what we should say to people (Eph. 4:29)
  - ★ John 2:24-25
  - ★ Prov. 18:2, 13
- ★ Good listening encourages the other person to open up (Prov. 20:5)



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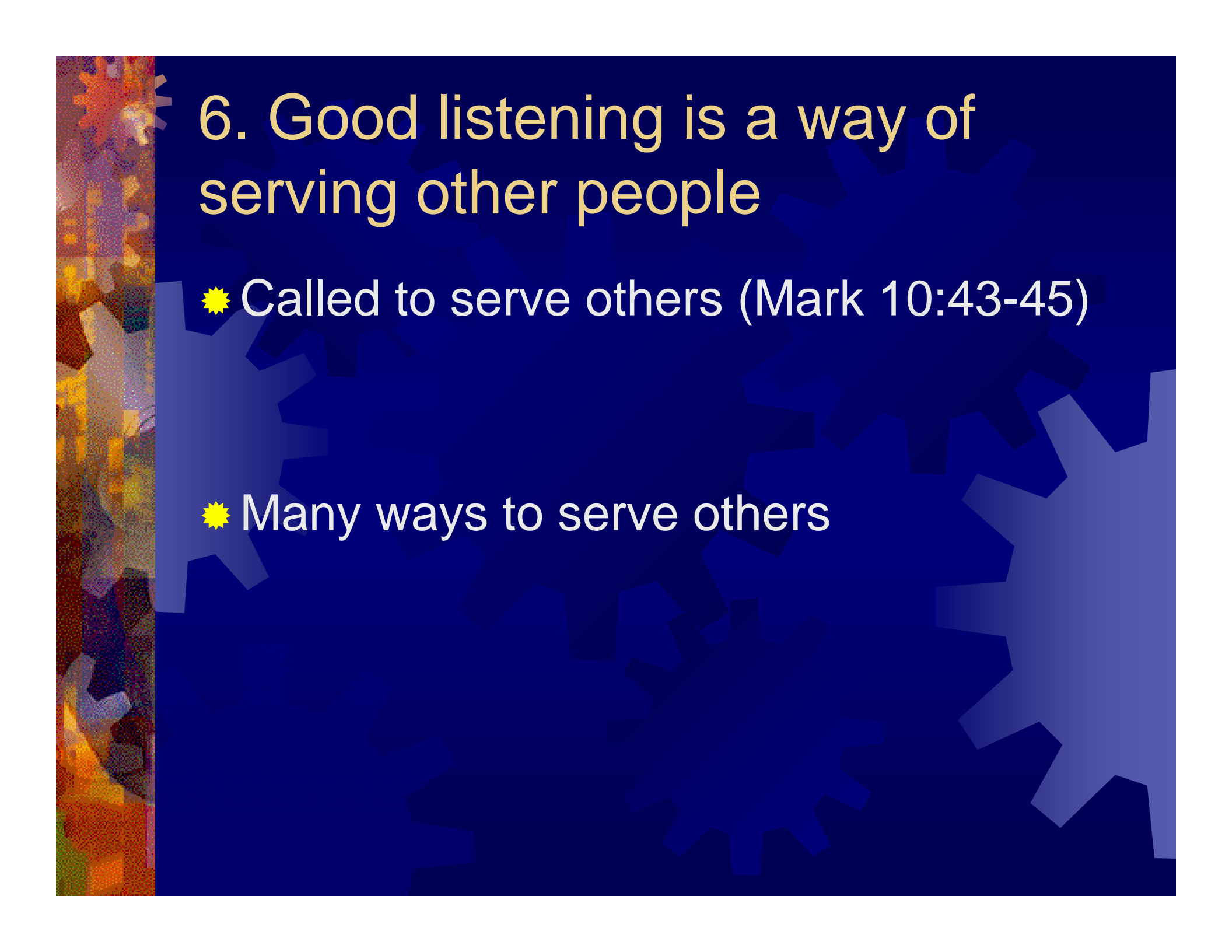
## 5. Good listening is a way of promoting good relationships.

- ✦ Ps. 116:1 I love the Lord...because He hears my voice and supplication
- ✦ Good listening helps people get to know each other (Gen 2:24; Prov. 23:6-7; 1 Cor. 2:11)



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## 6. Good listening is a way of serving other people

- ✦ Called to serve others (Mark 10:43-45)
- ✦ Many ways to serve others



*In Summary:*

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# Auditory Communication

3 Questions concerning effective listening:

A. WHY is good listening so important?



B. WHAT is good listening?

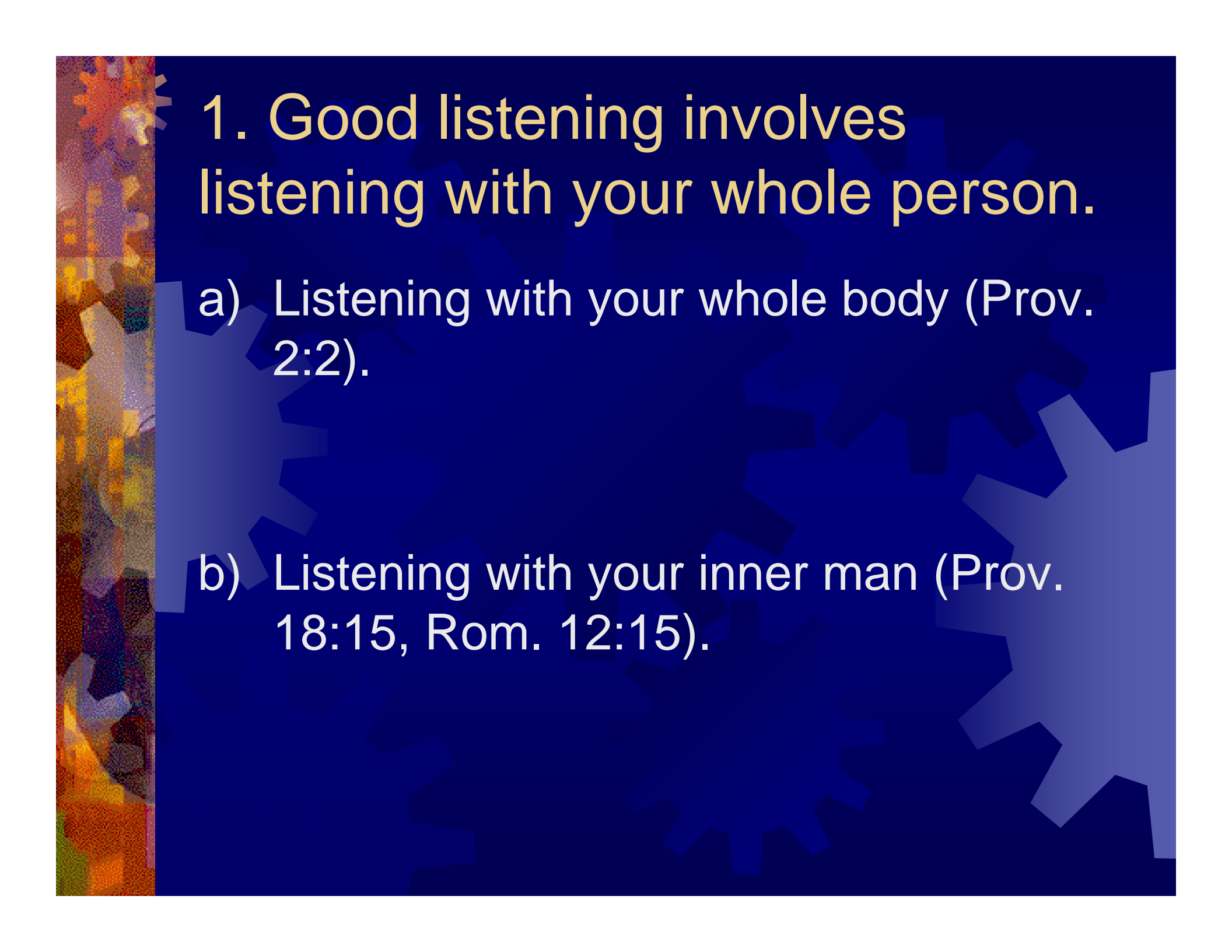
C. HOW can good listening skills be developed?



# What is Good Listening?

1. Good listening involves listening with your whole person.
2. Good listening requires discipline / self-control.
3. Good listening involves an eagerness or desire to hear.
4. Good listening involves humility.
5. Good listening involves gaining understanding.





1. Good listening involves listening with your whole person.

a) Listening with your whole body (Prov. 2:2).

b) Listening with your inner man (Prov. 18:15, Rom. 12:15).

# What is Good Listening?

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## 2. Good listening requires discipline / self-control.

- a) To actually do it (James 1:19, Prov. 2:2, 5:1; 22:17; 19:20)
- b) While doing it (Prov. 18:15; Prov. 29:11; Prov. 29:20)

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3. Good listening involves an eagerness or desire to hear.

a) James 1:19

b) Prov. 8:34

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## 4. Good listening involves humility.

a) Phil. 2:3-4

b) Prov. 12:15,23; 15:31)

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## 5. Good listening involves gaining understanding.

- a) Many Bible verses that equate listening with understanding (Prov. 2:2; 4:1; 5:1; 19:20)
- b) What do these say about good listening?



## *In Summary,* What is Good Listening?

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# Auditory Communication


3 Questions concerning effective listening:

A. WHY is good listening so important?

B. WHAT is good listening?



C. HOW can good listening skills be developed?



# How can good listening skills be developed?

1. Recognize the importance of being a good listener (Phil 3:13).
2. Recognize and acknowledge your personal need for change.
3. Identify and acknowledge your specific failures (1 John 1:9)
4. Make becoming a better communicator a matter of prayer (James 4:2).
5. Follow the directives of Heb. 5:14 and enter into training.



*In Summary:*  
Auditory Communication

3 Questions concerning effective listening:

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NEXT SESSION:



III. **Verbal Communication:**  
Our Words & Speech

# Assignment:

**For next week from PFMGW: pages 49-76**

Communicating God's Way – Part 1 (p. 49-51)

REQUIRED

Communication Quality/Quantity Inventory (p. 52-53)

Recommended

Practical Exercise for Non-Verbal Communication (p. 54-56)

REQUIRED

Listening Quotient Inventory (p. 71-73)

REQUIRED

Communication Checklist (p. 74-76)

REQUIRED

# Appendix: 32 Characteristics of a Good Listener\*

1. Expresses friendliness through body posture.
2. Squarely faces the other person.
3. Expresses interest through body posture.
4. Looks at the person who is speaking.
5. Is appropriately relaxed, not tense or fidgety.
6. Listens with mind.
7. Listens with emotions
8. Paces responses in accordance with the person's emotional state.
9. Disciplines self to listen even when tired.
10. Disciplines self to listen even when doesn't agree.
11. Disciplines self to listen even when being rebuked or corrected.
12. Controls emotions while listening.
13. Is patient and slow to be angry while listening.
14. Controls responses.
15. Doesn't dominate the conversation.
16. Allows the other person freedom to talk about his interests and concerns
17. Appreciates and listens to counsel
18. Allows others to fully state their opinions before responding.
19. Refrains from drawing conclusions or giving advice until he has carefully listened.
20. Recognizes that his viewpoint may be biased or inadequate.
21. Welcomes and solicits the input of others.
22. Is aware that he may not always accurately hear the words another person uses.
23. Recognizes that the same words may be used with different meanings.
24. Tries to understand another person's words in the way he uses and means them.
25. Realizes that his interpretation of another person's speech may be influenced by his own emotional condition or by his attitude toward the person speaking.
26. Is cautious to attribute evil intent to another person's statements.
27. Hears people out and does not jump to conclusions.
28. Refrains from dogmatically predicting what another person is going to say.
29. Acknowledges that the other person knows what he meant better than he does.
30. Refuses to focus his attention when the other person is speaking on preparing his response or rebuttal.
31. Is slow to interrupt.
32. Can accurately summarize and reflect what has been said to him.