

Pitfalls Of Poor Marital Communication

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Scripture: 1 Peter 2:21-24.

Introduction:

- Number one prob in relationships and especially marriages is the lack of communication.
- Communication is paramount in any relationship and particularly in marriage and the home.
- All of us, married or single need to learn to communicate.
- The example of communication (2 Pet. 2:21-23; 3:1; 3:7). Likewise – to Jesus. He is pattern and power in relationships for communications. Wives/husbands – follow Jesus example (vs. 1; 7).
- There can be no intimacy in marriage without communication. There is no communication without trust and there is no trust without Jesus Christ.
- The supreme goal in marriage is to truly know one another intimately and still love and respect one another. When the Bible spoke of sexual intimacy, it used the word “*knew*” which expressed emotional, psychological and physical intimacy.
- Most problems begin first with a lack of communication (Missed expectations, lack of understanding, etc).
- Let’s examine a few communication hinderances and allow the Word and the Spirit of God to teach us and to correct us.

I. The Awesome Power God Gives In Communication (1 Peter 2:21-23; James 3:1-10).

- A. The power of the tongue must not be underestimated (James 3:1-10).
1. The tongue gives **direction** (vs. 4).
 2. The tongue brings **destruction**. (vs. 6; Prov. 18:6).
 3. The tongue brings **defilement**. (vs. 8; Matt. 15:18).
 - a. Real communication comes out of the heart.
 - (1). Harsh words – an angry heart. (6). Critical words – a bitter heart.
 - (2). Negative words – a negative heart. (7). Encouraging words – a happy heart
 - (3). Overactive words – an unsettled heart. (8). Gentle words – a loving heart.
 - (4). Boastful words – an insecure heart. (9). Truthful words – an honest heart.
 - (5). Filthy words – a dirty heart.
 4. The tongue brings **division** (vs. 9-10).

II. The Awful Problems Of Man In Communication.

- A. **Minimum** communication skills (1 Pet. 2:23).
1. The Bible is our divine instructor of how we should communicate.
- B. **Marred** in the abundance of self-centeredness (1 Peter 2:24).
1. Christ showed the ultimate demonstration of selflessness.
 2. The biggest problem in marriage is our ego. The Garden of Eden complex.
 3. Instead of attacking the problem we attack one another. We are focused on being right.
- C. **Manifested** in bitterness, unresolved problems and unforgiving spirits (1 Peter 2:22-23, Hebrews 12:14-15).
1. Bitterness will defile a marriage (Eph. 4:24-32).
 2. Unresolved problems will grow if left unresolved.
 3. Unforgiving spirits will manifest themselves over and over again if not dealt with.

D. **Muffled** by the distractions of life (1 Peter 2:25, 3:11; Eph. 5).

1. We have strayed away from Christ. But Jesus has gone out seeking us. He is not distracted.

E. **Manufactured** by the differences of temperaments.

1. We are opposites by design. Two that are different are stronger together. That's why each marriage must have Christ in the center of it. It's His plan (3:7-8).
2. You've got to come together in spite of the differences.

F. **Magnified** by insecurity and fear (1 Peter 3:8)

1. We are so concerned about what others think of us.
2. We should be more concerned about what Christ thinks of us.

III. The Appropriate Practice Of Communication.

A. Husbands must determine to be more sensitive (1 Peter 3:7).

1. Listen to your wife.
2. Both spouses must deal with self-centeredness.

B. Husbands and wives must deal with self-centeredness (1 Peter 3:8).

C. Be willing to overlook your partner's problems.

1. Realize they are not perfect. They make mistakes. So do you.
2. Look to help in their weaknesses.

D. If your partner has a closed spirit, try to find out why (1 Peter 3:11).

1. If you discern something wrong in another's spirit, then don't rest until it has been brought out in the open.

E. Create areas of commonality.

1. Find times and things you enjoy doing together.

F. Make times for communication (1 Peter 3:11).

1. Quit trying to change your partner and change yourself. The only way they are going to change is if you change.
2. If you are different then they will have to respond to that difference.
3. It's greater to give than receive.
4. Your home should be a little picture of Heaven on earth.
5. Lay our rights down and pick up our responsibilities.
 - a. Quit worrying about what they're doing and do what you're suppose to do. Let God work on them by letting Him work on your problems first.

Conclusion:

Good communication is key to a good marriage. Biblical communication is essential to good marriage. Each of us struggle in areas of communication. Many of our marriage and relational problems could be solved if we would just quite talking at, or about and talk to each other. Communication in relationships must be under constant evaluation. Let's begin by making sure that our communication is honoring unto the Lord and a blessing to the Lord Jesus Christ.