



# MARRIED COUPLES BE INTENTIONAL: COMMUNICATION

———— PART 2 ————

## OPENING PRAYER

(Either spouse can pray)

**MARRIAGE CHECK-IN:** On a scale of 1-10, how would you rate our emotional connection this week? (Be specific & feel free to elaborate) What could we do to maintain it or make it better next week?

**QUESTION:** (aim for about 15 - 20 minutes of conversation) In your opinion, what does great communication in a marriage look like?

## BIBLE VERSE:

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.*

- 1 Corinthians 13:4-7 NIV

**CONVERSATION:** In a perfect world married couples everywhere would agree on everything, never argue, and communicate flawlessly. Notice the word “perfect” was used. The thing is, when it comes to imperfect human beings aka husbands & wives, there’s just no such thing as “perfect”! Effective communication is an acquired skill and to be honest, based on your upbringing and life’s experiences, it just may be a skill that one or maybe even both of you never properly mastered. Think about it, growing up, communication in your household may have looked like when your family had a disagreement or someone was offended a family meeting was called and you were able to discuss it, find a resolution and apologize. Meanwhile, in your spouse’s household, when someone was upset they screamed, slammed doors, and wouldn’t speak to the other person for a week. You’d be surprised at how your experiences (whether good or bad) show up in your marriage and affect how you communicate with your spouse. Let’s dive into some practical ways to activate intentional communication within your marriage.



## INTENTIONAL COMMUNICATION

### **L.U.V.**

- **Listen** to your partner's words and their heart, **Understand** their point of view based on their life's experiences, and **Validate** their feelings. That's the cheat code! Your spouse is (or at least should be) the closest person to you which makes it vital that you are always working to build not only emotional intimacy but emotional security as well.

### **Talk About Everything**

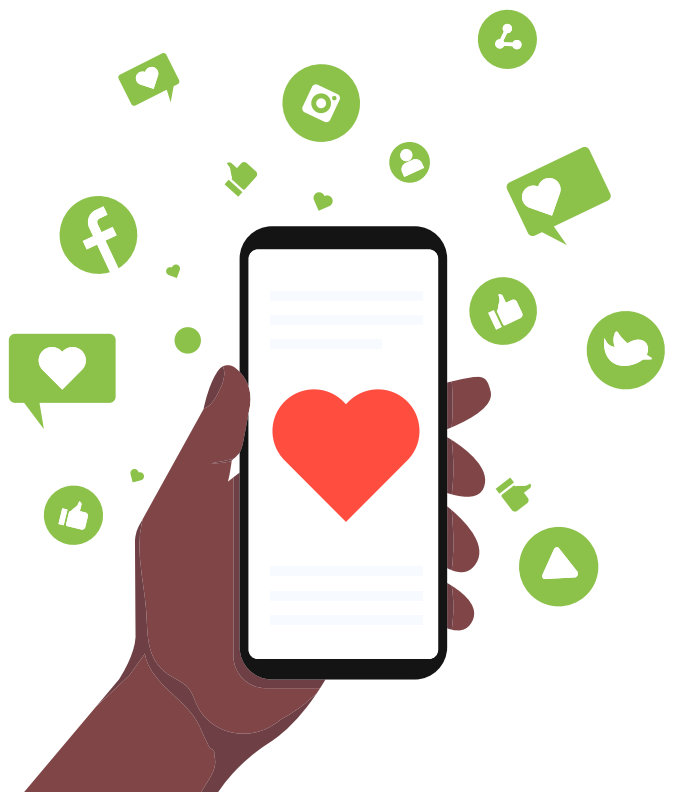
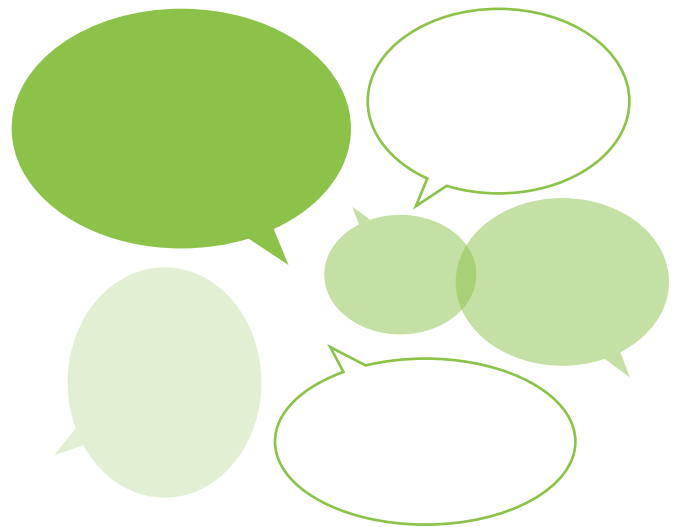
- In marriage, no topic should feel too major or minuscule to discuss. Don't be afraid to dig deep and ask each other tough questions. As you're talking, be sure to pay close attention to what makes your spouse "light up" and what topics are seemingly a "trigger". With that said, although triggering conversations can be uncomfortable that does not mean they should be avoided but most importantly handled with care and sensitivity. They may even require a counselor to help you navigate the conversation. Being mindful of these things will help you to be effective in your communication. Note: To learn more about Zion Church's Family & Marriage Counseling resources please click [HERE](#).

### **Utilize Social Media & Messaging Apps**

- Social media and messaging apps don't just have to be used to share information; be open to using them as an additional tool to flirt with your spouse! Consider using technology to let your spouse know that you love them, miss them and appreciate them throughout the day and surely don't be afraid to send that provocative emoji, video, or pic to reassure them that you desire them.

**Bonus Tip:** Many couples shy away from giving their spouse access to their social media accounts but I challenge you to consider subscribing to the saying "If I have nothing to hide, then there's nothing to hide". This small act does not have to imply a lack of trust within your marriage but more so the intentional presence of accountability and transparency.

**LISTEN.  
UNDERSTAND.  
VALIDATE.**

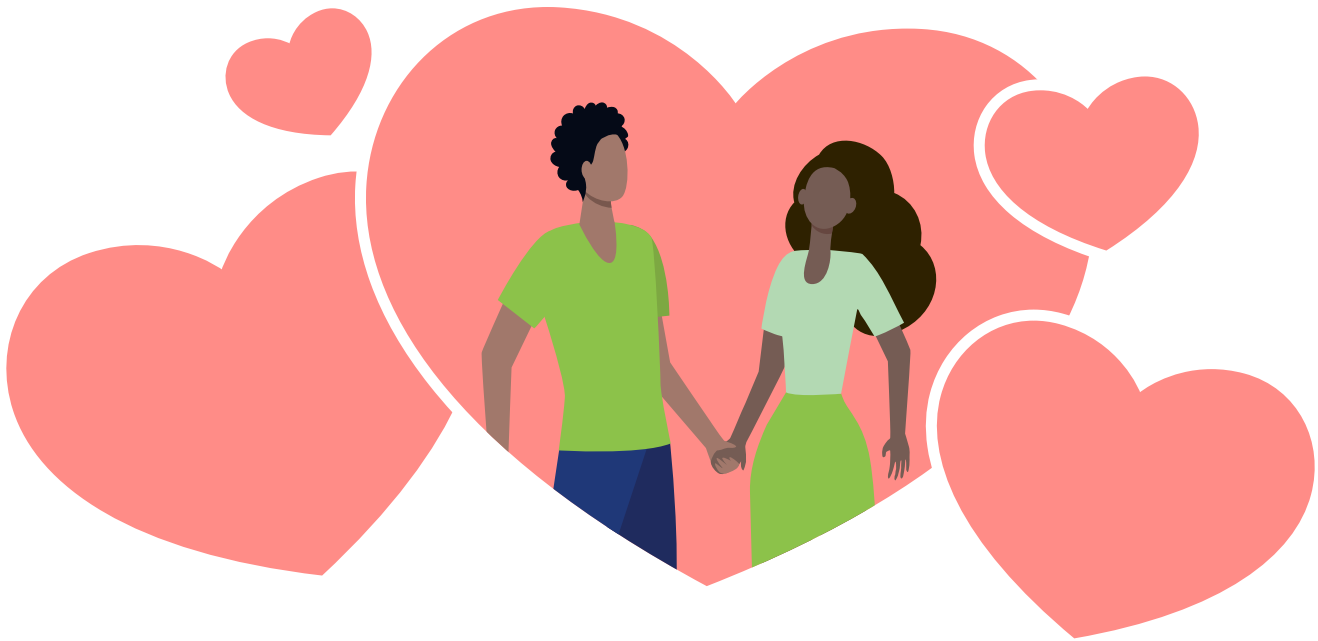


**CHALLENGE:** In an effort to encourage and make daily meaningful communication a priority, for the next week choose 1 question (below) each day to answer, discuss and unpack. Be sure to give your spouse your undivided attention, be vulnerable, and most importantly honest.

**Note:** If you aren't able to commit to 7 days, no pressure! Try committing to at least 3-5 days. Remember, the goal is to make daily connection a priority by being intentional.

1. As your spouse, how can I show more love/sensitivity to you?
2. Are you dealing with anything that I can help you with currently?
3. Are you satisfied with the amount of time we spend together?
4. How can I pray for you in the coming week?
5. What's the best thing I can do to let you know that you are my priority?
6. Do you ever worry about our relationship? If so, what would make you feel more secure?
7. What do you admire most about me?

Remember, it's no accident that God has placed you and your spouse in each other's lives. Your union has a purpose, you just have to be intentional about seeking it!



**PRAYER:**

*"Father God, thank you for the blessing of marriage. We know that it's no accident that you have placed us together. Please give us wisdom, clarity, and purpose so that our marriage honors you at all times. We ask that you allow us to be intentional in every area of our marriage, especially when it comes to our connection, communication, and prayer life. Lord be our light when darkness tries to creep into our relationship. Father, help us to love and accept one another so that we can experience the power of your love. We ask all these things in Jesus' name, Amen.*