



10 Tips for Healthy Communication in Your Marriage

Dana & Kimberly Williams

It's going to happen. It doesn't matter if you've been married one week or 50 years. You *are* going to have arguments.

So, having good communication skills are vital for a healthy marriage. You can learn to listen, communicate your feelings and work out disagreements with these 10 helpful marriage tips.

Every marriage has conflicts. Or, as our mentor use to say, "We don't argue; we just have intense fellowships."



Tip One

Watch your body language

Good communication is visual as much as verbal. Our body language and facial expressions speak loudly. Engage your spouse by making sure you look each other in the eyes. Remove distractions and pay attention to what your spouse is saying. Sit down when discussing important matters and never stand over the other. Make sure you do not express yourself in a prideful manner.

“Pride goeth before destruction, and an haughty spirit before a fall.”

Proverbs 16:18

Tip Two

Speak the Truth in Love

Serious marriage issues often require serious discussions. At times it is necessary to communicate hard truths to your spouse. During those times, make sure you are motivated by love. A loving word is much easier received than a hateful one.

“But speaking the truth in love, may grow up into him in all things, which is the head, even Christ.”

Ephesians 4:15

Tip Three

Be Specific

When you are discussing an issue avoid generalizations. For example, do not say "You make me mad." Instead tell your spouse what they are doing that makes you mad. For example: "It makes me mad when you throw your clothes on the floor."

"A speech without a specific purpose is like a journey without a destination."

~ Ralph Smedley ~

Tip Four

Use Soft Words

The quickest way to escalate an argument is to raise your voice. The quickest way to stop one is to use soft words. This doesn't mean that you can't use hard arguments, just be careful to balance what you are saying with soft wording.

*"A soft answer turneth away wrath:
but grievous words stir up anger."*

~ Proverbs 15:1 ~

Tip Five

Listen and Don't Interrupt

One big mistake we make in communicating with our spouse is listening only to respond. Instead, listen to understand what your spouse is trying to communicate. God gave us two ears and only one mouth. Therefore, we should listen twice as much as we speak. Ponder your words and be slow in your reactions.

*“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak.”
~ James 1:19 ~*

Tip Six

Don't Assign Motives

Assumptions can be dangerous in any relationship. Too many marriages are hindered by a spouse jumping to conclusions. Get the whole story. If you don't know why your spouse did something, ask. It is better not to assume.

“Your assumptions are windows on the world. Scrub them off every once in a while or the light won't come in.”
~ Alan Alda ~

Be Fair

Don't judge your spouse by his or her worse actions only to judge yourself by your good intentions. Be fair in your assessments and make fair judgements. The golden rule is applicable here. (See Matthew 7:12.) Treat your spouse the way you would like to be treated.

*Judge not according to the appearance,
but judge righteous judgment.*

~ John 7:24 ~

Tip Eight

One Issue at a Time

When communicating with your spouse it's important that you concentrate on one issue at a time. If you are arguing about finances, do not bring up problems with the kids. In order to be productive, stick to the issue at hand.

*“The man who chases two rabbits,
catches neither.”
~ Confucius ~*

Tip Nine

Have a Heart of Forgiveness

Unfortunately, the words we say cannot be taken back, but they can be forgiven. We all make mistakes. We've all said things we regret. It is best to address marital issues from a heart of forgiveness. Unforgiveness shackles you in a miserable prison. Free yourself with forgiveness.

*"And be ye kind one to another,
tenderhearted, forgiving one another,
even as God for Christ's sake hath
forgiven you."
~ Ephesians 4:30-32 ~*

Tip Ten

Be Solution Focused

Anyone can focus on the problem, but if you want to have healthy communication in your marriage you need to focus on solutions. When there is contention, state the problem clearly then do not keep bringing it up. Instead, focus on solutions. This is best done by going to God. He is the One with all the answers.

“Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.”

~ Jeremiah 33:3 ~

About the Authors

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have been married since 1993 and are blessed with three precious children. Dana is the senior pastor of a local church with a strong emphasis on the expository teaching and preaching of the Word of God. He has a Masters of Ministry degree from Tennessee Temple Baptist Theological Seminary and just completed a new curriculum called F.O.C.U.S (Families Obeying Christ Using the Scriptures). Dana points men toward their God-given role as leaders in the home, church, and community both physically and spiritually. His desire is to equip them through the study of God's Word and the power of the Holy Spirit to rise in this high calling. He blogs at www.thepositivepastor.com

Kimberly is a beloved wife, homeschooling mother and author. She has authored Living Out the Word, a series of expository ladies Bible studies through the books of the Bible, From the Mouth of Babes, a compilation of short stories about life, children, faith, and this world we live in and Home Discipleship: Much More than ABC's and 123's. Kimberly enjoys speaking to women and encouraging them in their daily walk with the Lord. She points them to God's Word and challenges them to be a true help meet to their husbands and loving mothers to their children. You can follow Kimberly at www.kimberlywilliams.org

Be looking for their newest book
The Eden Concept: Marriage God's Way
Scheduled to be released February 2018.

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