

I. Build a word picture

A. Learn their \_\_\_\_\_ language I Corinthians 14:9-11

1. \_\_\_\_\_ of \_\_\_\_\_ Proverbs 18:21
2. \_\_\_\_\_ time together Ephesians 5:16
3. Receiving \_\_\_\_\_ Proverbs 17:8
4. \_\_\_\_\_ of service Galatians 5:13
5. Physical \_\_\_\_\_ Luke 8:43-48

- Love Languages Test - <http://www.5lovelanguages.com>

B. Learn \_\_\_\_\_ language I Corinthians 14:17-19

1. How they \_\_\_\_\_
  - a. Visually –
  - b. Auditory –
  - c. Kinesthetic –
2. How they communicate
  - a. Women share \_\_\_\_\_, men share \_\_\_\_\_.
  - b. Women want to talk \_\_\_\_\_ you, men want to talk \_\_\_\_\_ you.
  - c. Talk to their \_\_\_\_\_ Book – The Two Sides of Love by Smalley/Trent
    - 1) Lion
    - 2) Otter
    - 3) Retriever
    - 4) Beaver
3. How they \_\_\_\_\_ words.



- a. Use a \_\_\_\_\_
- b. Use a \_\_\_\_\_
- c. Use an \_\_\_\_\_

C. Learn sign (\_\_\_\_\_) language. I Peter 3:1, Psalm 40:

- \_\_\_\_% of communication is content
- \_\_\_\_% of communication is tone of voice
- \_\_\_\_% of communication is non-verbal

II. \_\_\_\_\_ long enough to hear, \_\_\_\_\_ beneath the surface, \_\_\_\_\_ to & with the heart! James 1:19-21

A. \_\_\_\_\_ your thoughts. Matthew 5:23, Mark 11:25-26

1. \_\_\_\_\_ words at the \_\_\_\_\_ time. Proverbs 25:11,15:23
2. Looking for a \_\_\_\_\_ good words. Proverbs 15:2, 28

B. Pass your \_\_\_\_\_ Proverbs 31:28, I Peter 3:8-12

1. Not \_\_\_\_\_ Proverbs 14:1
2. Not \_\_\_\_\_ Proverbs 19:13; 21:9, 10
3. Not \_\_\_\_\_ Proverbs 15:1-2, 25:15 *Sticks & stones may hurt your bones, but words go deeper.* James 3:1-12

III. Rebuilding your \_\_\_\_\_ Ephesians 4:17-32

A. Be \_\_\_\_\_ Ephesians 4:25

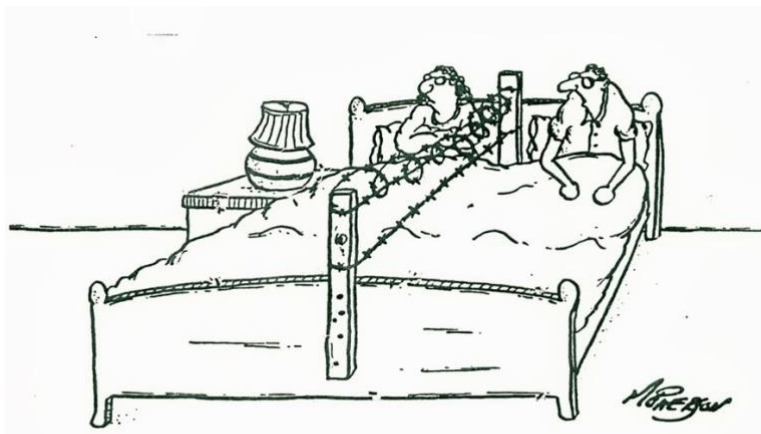
1. Open, honest \_\_\_\_\_ is the key to any relationship. Ephesians 4:15, Matthew 5:37
  - There are three levels of communication
    - a. \_\_\_\_\_ level
    - b. \_\_\_\_\_ level.
    - c. \_\_\_\_\_ level
2. Build on a foundation of \_\_\_\_\_ and \_\_\_\_\_ Prov. 31:11
  - a. She needs \_\_\_\_\_
  - b. He needs \_\_\_\_\_
3. Not too \_\_\_\_\_ I Peter 4:8
  - a. What will it accomplish if I tell?
  - b. Will it edify (build-up) or tear down?
  - c. Am I just transferring my guilt?
  - d. Is it meant to help or to hurt?

- e. Is this the best time, place, and way to talk about this?
  - f. Have I prayed about it?
- B. Be \_\_\_\_\_ Ephesians 4:26-27, I Corinthians 13:5
1. Hurts held on to
    - a. Hurts → \_\_\_\_\_ → resentment → \_\_\_\_\_ → attack  
\_\_\_\_\_
    - b. Hurts → anger → \_\_\_\_\_ → depression → attack \_\_\_\_\_
    - c. Let it go. Ephesians 4:31
      - 1) Bitterness = Sour \_\_\_\_\_ Acts 8:23
      - 2) Wrath = "Thumas" \_\_\_\_\_ I Corinthians 13:4
      - 3) Anger = Resentment, \_\_\_\_\_ on to the hurt Proverbs 19:11
      - 4) Clamor = Quarreling, \_\_\_\_\_ or \_\_\_\_\_ Proverbs 15:1, 16:32
      - 5) Evil speaking = Talking negatively to \_\_\_\_\_ Proverbs 17:9
      - 6) Malice = Badness in \_\_\_\_\_ - affects everything Proverbs 22:24-25
  2. Hurts to get rid of: Hebrews 12:15
    - a. \_\_\_\_\_ and voice the problem. Matthew 5:23-24, Mark 11:25-26
      - 1) Listen \_\_\_\_\_
      - 2) Discuss \_\_\_\_\_.
    - b. Forgive Luke 17:3-5, Matthew 18:21-22 (Ephesians 4:32)
      - 1) Love \_\_\_\_\_ all things I Corinthians 13:7
      - 2) Love \_\_\_\_\_ all things I Corinthians 13:7
      - 3) Love \_\_\_\_\_ all things I Corinthians 13:7, II Timothy 2:3
- C. Be \_\_\_\_\_ Ephesians 4:28, Philippians 4:9
1. Work to understand the \_\_\_\_\_ not \_\_\_\_\_
  2. Work to \_\_\_\_\_ and to \_\_\_\_\_
  3. Work to \_\_\_\_\_
- D. Be \_\_\_\_\_ Ephesians 4:29
1. Attack the \_\_\_\_\_ not the \_\_\_\_\_
    - a. Edifying \_\_\_\_\_ Ephesians 5:4
    - b. Edifying \_\_\_\_\_ Romans 14:19
  2. Minister \_\_\_\_\_ Ephesians 4:7

- a. Use the \_\_\_\_\_ of the Spirit. Galatians 5:22-25
  - b. Use your \_\_\_\_\_ I Peter 4:9 & 10
- E. Be \_\_\_\_\_ Ephesians 4:30-32
1. \_\_\_\_\_ don't re \_\_\_\_\_. James 1:19, Proverbs 15:28 (I Peter 3:9)
  2. Be Holy Spirit \_\_\_\_\_ Ephesians 4:30 (5:18)
- \_\_\_\_\_ how you will \_\_\_\_\_ your problems!



**"You grunt a lot better since we took that marriage communication workshop."**



*"Apparently I have done something to upset you."*