

Four C's of Remarkable Relationships

Christ Centered

Commitment

Communication

C

Communication

Communication is to love, what blood is to life. Deep and intimate relationships cannot survive without communication.



The foundation for good communication is honour!
(If you treat each other like they are worth a million bucks, heart open up and continue to stay open.)

Good communication is a skill anyone can learn.

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“Virtually every conflict in a relationship, whether it centers around sex, kids, or money, can be resolved if people know how to communicate properly.”

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Good communication is a skill anyone can learn.



James 1:19-20 “So then, my beloved brethren, let every man be **swift to hear**, slow to speak, **slow to wrath**; **20** for the wrath of man does not produce the righteousness of God.”

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Q. How do we develop this skill of communication?
By becoming a good **L.U.V.R.**

1. Listen to **U**nderstand each other
2. **V**alidate each other
3. **R**espond to **R**esolve, with **R**espect for each other

John 13:34-35 "A new commandment I give to you, that **you love one another**, as I have loved you, that **you also love one another**. **35** By this will all know that you are my disciples, **if you have love for one another.**"

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1. Listen to Understand each other

James 1:19a "... brethren, let every man be swift to hear, slow to speak..."



Proverbs 18:2 "A fool has no delight in understanding, but in expressing his own heart (*opinions*)."

Proverbs 18:13 (NIV) "He who answers before he hears it all, is folly and shame."

(NLT) Spouting of before listening to the facts is both shameful and foolish."

➤ The key to **listening**, is to **understand** what is being said!

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- a. We all speak a different heart language
- b. We bring different things into our relationships
- c. Take time to listen to each other

Some hinderance to good communication:

- i. Schedules (*Therefore schedule time for communication*)
- ii. Children
- iii. TV & Electronic Gadgets (*Shut them off*)
- iv. Fear of conflict (*Conflict is the door to intimacy!*)

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The key to **listening**, is to **understand** what is being said!

- a. We all speak a different heart language
- b. We bring different things into our relationships
- c. Take time to listen to each other
- d. Become a good listener, therefore ...
 - i. Get rid of distractions (*see point 1C*) & pray before you start
 - ii. Pay attention, smile and be glad you are with them
 - iii. Ask questions, if you don't understand to clarify (*Drive through listening*)
 - iv. Have a heart of compassion, empathy, and apologize genuinely
 - v. Avoid using accusatory words and/or foul language
 - vi. Finalise with, "Is there anything else you would like to share with me?"

2. Validate each other

James 1:19 "... brethren, let every man be swift to hear, slow to speak, **slow to wrath.**"



- ✓ **Proverbs 16:32** "He who is slow to anger is better than the mighty."
- ✓ **Prov.15:18** "Hot tempers start fights; a calm cool spirit keeps the peace."
- ✓ **Proverbs 27:17** "As iron sharpens iron, so a man sharpens the countenance of his friend."
- ✓ **Romans 12:15-16** "Be happy with those who are happy, and weep with those who weep. **16** Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. **And don't think you know it all!**"

3. Respond to Resolve with Respect for each other

James 1:20 "For the wrath of man does not produce the righteousness of God."



- Pray if you have difficulty finding a solution
- Write down the options
- Take time to ponder on the options
- Come back together again and find a solution that works
- Commit to the solution and hold each other accountable
- Invite the Lord into your solution to remind you of the solution

"Many marry marriages would be better if the husband and wife clearly understood that they are both on the same side" Zig Ziglar

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