

**How to communicate so that your spouse will understand**

Recapturing Joy in Marriage (part 3)

James 1:19, Matthew 7:12

**Review**

The Goal of Marriage	Genesis 2:18-25	To glorify God by reflecting His triune unity through marital oneness
Love & Respect	Ephesians 5:21-33	Husbands—Love unconditionally; Wives—Respect unconditionally

**How to listen with understanding**

☞ James 1:19-20

- ☞ Recognize that listening is not \_\_\_\_\_
- ☞ Realize that listening is more than \_\_\_\_\_
- ☞ When listening, give your spouse your \_\_\_\_\_
- ☞ Listen first & foremost to \_\_\_\_\_, not to give input nor to propose \_\_\_\_\_
- ☞ Practice reflective listening
  - mirroring what a person is saying and \_\_\_\_\_

(continued on back)

- “So you feel... because...”
- “So what I hear you saying is...”
- “I’m not quite sure, but it sounds like you are feeling...”

☞ Listening can help us to not respond in anger

**How to speak your spouse’s love language:**

☞ \_\_\_\_\_ of affirmation

☞ Quality \_\_\_\_\_

☞ Receiving \_\_\_\_\_

☞ Acts of \_\_\_\_\_

☞ Physical \_\_\_\_\_

**Conclusion**

**Listen with understanding & speak your spouse’s love language**

**My action point:**