



Meet the...
Honest Couple

Last week we learned that healthy marriages require understanding, acceptance and a commitment to grow (seek change in myself). At the core of this will be lots of good communication. But that's another area where we are often SO different! However...

B.L.U.F. – *Good communication IS possible!*

Meet “The Honest Couple” ...or are they? Do they say what they mean or are there hidden thoughts and feelings behind those words?

1. W _____ Is Communication Difficult?

- 1) S _____ Nature – leftovers from my unsaved nature!
 Romans 12:1-2; Ephesians 4:1,17-24; Colossians 3:1-2, 8-10
- 2) F _____ Training – I’m just like my dad (or mom)!
- 3) F _____ – why bother trying to communicate?

2. What H _____ Does God Provide? Ephesians 4:22-32

- 1) Bad Habits must be r _____ with good habits v. 22-24
- 2) H _____ is non-negotiable v. 25
- 3) A _____ gives the devil a foothold in your home v. 26-27
- 4) Concern for your spouse supercedes concern for yourself v. 28
- 5) Say n _____ things to your spouse than he/she deserves v. 29
- 6) Make sure f _____ replaces vengeance v. 30-32

3. What are Some P _____ Guidelines?

- 1) L _____ – with your eyes and ears
- 2) U _____ – can you repeat your spouse’s concern in your own words?
- 3) E _____ – feel your spouse’s emotions



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It's time to talk...