



HEALTHY COMMUNICATION IN MARRIAGE

with Jon and Teresa Demeter

► FOCUS VERSES

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

James 1:19-20

► DISCUSSION

1. **Tree talks about being “good at fighting”—in other words, managing to disagree in a way that brings the two people closer together and helps them grow in some way.**
 - a. When you have an argument with your spouse, do you feel better at the end of it, like the air has been cleared and you’ve both gained something? Or does it feel like things are exactly the same, or even worse?

2. **When you’re in the midst of an argument, are you listening so that you can better understand what your spouse is trying to say, or are you just “putting more bullets in your gun,” as Jon put it? Are you more focused on solving the problem at hand, or being “right”? (See *Proverbs 18:13*.)**
 - a. How do you think your spouse would answer those questions?

3. **How much time would you say you spend on your phone in an average day?**
 - a. Is it helping you better connect to other people, or is it distracting you from building better connections with important people such as your spouse?



- 4. What are some “tells” or tip-offs that your spouse isn’t actually listening to you?**
- a. When you detect one of them, how does that make you feel?
- 5. What are some things that always seem to do a good job of distracting your attention?**
- a. What are some things you could do to remove or neutralize those distractions when you and your spouse are trying to have an important conversation?
- 6. When you and your spouse are having trouble understanding one another, do you give each other opportunities to restate or clarify? Or do you plow ahead responding to what you think your spouse meant—perhaps because it’s easier to fire back at?**
(See Proverbs 19:11.)
- 7. When your spouse asks how you’re feeling, do you generally answer honestly, or do you just say “fine” or “OK”?**
- a. If it’s the latter, why do you think you do that—because it’s easier? You don’t want to have a more in-depth conversation? Or you’re worried about how they’ll respond if you tell them the truth?
- 8. How do you intentionally communicate with your spouse to make sure you are not just sharing facts or information but discovering their emotional well-being?**

