



Marriage Growth-Track

Week 3 - Day 5

These Gentle Communication

By Jarrod & Katy Wilson

Do not let the sun go down while you are still angry and do not give the devil a foothold.

Ephesians 4:26-7

A gentle answer turns away wrath, but a harsh word stirs up anger.

Proverbs 15:1

Anger can cause a world of trouble between husband and wife. Little good comes of losing our cool and going ballistic even in the most trying of times. When we remain calm in the heat of the moment, our words are inevitably more measured, less reactionary, and usually less hurtful. This is what we see in these verses:

- Do not stay angry;
- Do not allow the devil to exploit a weak spot in your marriage;
- Work to dispel anger with kinder, more thoughtful words

So very many times it is not a big event that brings a marriage down, but rather the accumulation of LOTS of smaller, bothersome nuisances. Maybe she leaves hair all over the bathroom vanity. Maybe he can't seem to get his clothes all the way to the hamper. Maybe she interrupts or he keeps the TV too loud. None of these things in and of themselves should be grounds for an argument, let alone leaving a marriage and yet, the prospect of 50 years' worth of similar such annoyances kind of takes the wind out of the ol' romance sail.

When you're faced with these pesky quirks from your mate, there's two primary responses:

1. Remain quiet and be irked and angry, allowing time after time of each incidence to increase your frustrations; or
2. Kindly and respectfully bring it to your spouse's attention asking him/her to possibly consider things from your point of view

More often than not, when we learn that our behaviors are bothering others, we're inclined to quit. That should certainly be the case between spouses. But remember—pick

your battles in this area. This is not license into the minutia of controlling each other's every bent or way of doing things. Sometimes, positive change comes with a few gentle reminders; other times it's hard to overcome long-ingrained habits. In the end, when you consider the many reasons you love your spouse and what they mean to you, sometimes living with a messy, occasionally interrupting partner is a slight trade-off for a peaceful marriage.

Discussion Questions:

1. How can you respond in kindness when you feel your buttons are being pushed?
2. How can you validate your spouse when they bring things that you do to your attention?

Action Steps:

Make a plan to communicate in kindness when you bring things to your spouse's attention.

Prayer:

"Heaven Father, we love you and we thank you for taking care of us daily. God, we pray that you help us to show compassion to each other when we feel that our buttons are being pushed. Help us to remember that how we respond is a choice that we make. God, help us to remember that because you first showed us grace, we should show grace to our spouses. Amen."

