



## **Course Name: Home - Communication #1**

By Dr. Bob Turner

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### **Course description:**

Few areas in the home produce greater frustration and problems than communication. Yet, the most important element to resolve conflict is communication. It is important to recognize that good communication is not natural for most couples, and we must remember that “talking” is not equivalent to “communicating.” Effective communication requires much effort because of the barriers that exist when it comes to communication in the home. This lesson explores areas designed to improve our communication within the home.

### **Course Objectives: By the end of this class students will have:**

- A. Identified three barriers to effective communication.
- B. Considered the five love languages of marriage as described in Gary Chapman’s book on the same subject.
- C. Learned the importance of communicating love in the home.

### **Outline of the class:**

- A. Divide the class into groups of 3 or 4 and ask each group to identify what they believe to be barriers to effective communication. Ask the groups to list at least three barriers and explain why those barriers challenge the nature of effective communication.
- B. Once completed, ask each group to share their list and write the answers on a whiteboard for further discussion. A few possibilities are listed below, if they are not provided by the group discussion.
  - 1. Distractions (television, phone rings, texting, computer games, Facebook, guests, children’s needs, etc.).
  - 2. Irritation (someone is angry, bad day at work, traffic on the way home, etc.).
  - 3. Lack of listening (perhaps because of distractions, thinking of what to say in response, disinterest in what the other person says, etc.).
  - 4. Lack of understanding the content communicated.
  - 5. Lack of trust in the one speaking (credibility is questionable, appear unprepared, poor eye contact, etc.).
  - 6. Too much information at one time to digest all that is said.
  - 7. Words, terms, or phrases used are not clearly defined.
  - 8. The location is not conducive for communication.

9. Preconceived ideas or predetermined expectations.
  10. Body language and tone of voice do not align with the words spoken.
- C. A few essentials to remember about communicating love in the home.
1. Love must be communicated (Spend a little time discussing how we communicate love, as described in the *Five Love Languages of Marriage* by Gary Chapman)
    - a. Physical touch
    - b. Words of affirmation
    - c. Quality time
    - d. Gifts
    - e. Acts of service
  2. It is not enough to “have” love for your family, it must be communicated. We communicate this love through the love languages listed above, but the activity is seen both in our words and actions. Love expressed but denied through actions is not effectively communicating love.
  3. When communication is disrupted, the transmission of love is also interrupted.
    - a. Secrets are obstacles to communicating love. Remember, we are one (Ephesians 4:25; 5:31)
    - b. Unresolved conflict can disrupt the communication of love.
    - c. When we stop listening with real interest, we cut the lines of communication. It requires time and patience. We must learn not only how to speak effectively, we must also listen actively.
  4. We must share our lives with one another, because we are one (Rom. 12:15)
    - a. Concerns, plans, problems, desires, feelings, doubts, etc.
    - b. We must sincerely show interest in the intimate aspects of our spouse’s life.
    - c. We must never take the problems of our spouse lightly.

Conclusion:

- A. There are always barriers that exist when it comes to communication in the home. We have to learn how to address and overcome these barriers.
- B. One of the most important areas to communicate in the home is love. The *Five Love Languages of Marriage* play a key role in ensuring love is communicated.
- C. Next week’s lesson will continue to address the importance of communication in the home.

Book Recommendations:

Chapman, Gary. *The Five Love Languages of Marriage*