

A How are we communicating?

Take a moment by yourself to prepare for your Couple Time by thinking about how you communicate in your marriage.

Note three things that you want to talk to your partner about:

- i. an area where our communication is working well.
- ii. an area where some change might be helpful.
- iii. a practical idea to help me make regular time and energy for good communication.

In your Couple Time be prepared to talk about your answers and what you can do to help each other communicate better.

B Communicating at deeper levels

1. What do you think might make communication within a Christian marriage distinctive?

Creation design

*The heart that breaks open
can contain the whole
universe.*

Joanna Macy

In the creation account in Genesis we read that God makes marriage part of His design for human relationships. **His plan for marriage is a level of intimacy between husband and wife in which the two are so close that they are 'one'**.³ This requires open communication at deeper levels. The apostle Paul affirms the general principle in the New Testament to **open wide your hearts**.⁴

2. The following diagram⁵ (page 24) shows different levels of communication. Each level requires different degrees of openness (transparency) and of trust. Think of some examples of potential communication between Chris and Carol for each of the five levels.