

Communication: A means of connection between people.



Everyone communicates—but do they connect? Relationship is *the state of being connected*; communication is *how* we connect. So, if we rush through the day reacting to the situations and challenges we encounter and do not stop to communicate with our spouse, we are *not* going to connect—our relationship is going to be superficial at best. Communication is vital to connection—to the relationship between anyone in relationship, but especially in the marriage relationship. The relationship quickly dies with no connection. A lack of communication or unhealthy communication breaks the connection.

Healthy positive communication builds connection—unhealthy negative communication damages connection. Why do we tend to think that criticism and attacking a person's character will help them change poor behavior? Yet, as parents and spouses, we yell and put down the other person thinking it will make them see the errors of their ways. Proverbs tells us that a soft answer turns away anger and Galatians reminds us to *gently* restore those in sin. Our harsh, demeaning communication will not help the other person repent of their sin. As Christians, we must rise above the bitterness and anger of our culture and love others as Christ has loved us—communicating with compassion and kindness which *will* build relationship.

Do you take the time to connect with your spouse? I confess that I grabbed a quick bagel and cup of coffee and began writing this message, and a little later my wife sat down to eat something *alone*. I was convicted that I needed to put this message into practice and took my coffee and sat with Carmen for a time of connecting with her. It is not that difficult folks! We have to make the decision to connect with our spouse and then do something about it. Take some time each day to *connect* with your spouse—it will improve your marriage!

Helpful Resources: *Fortified Marriages Resource page:* www.fortifiedmarriages.com

Communication Tools For Couples: www.fortifiedmarriages.com/docs/Communication%20Tools.pdf

Keeping Your Communication Effective: www.fortifiedmarriages.com/Images/Communication%20points4.pdf

Book to check out: *Everyone Communicates, Few Connect* by John Maxwell

See Also: *Coupletalk: Learning Healthy Ways to Communicate* - www.coupletalk.com