

Weekly Action Plan 6/18/2017

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Weekly Action Plan

Our Weekly Action Plan is designed to help you **recapture and build on** what God is teaching from Sundays message.

If you missed last weeks message you can listen to it [here](#).

I read a lot of great stuff on communication in these last two weeks. In my message on Sunday, I only scratched the surface of some great stuff. I thought I'd share a few of the quotes I highlighted.



tools

for

communication

“When a courting (or dating) couple share their time, they usually have two basic, although possibly unconscious, goals, They try to (1) get to know each other more thoroughly, and (2) let each other know how much they care for each other. *Why should these goals be dropped after the wedding?* The couple desiring a happy marriage carries on with these functions and goals

throughout their lifetimes.”

- Willard Harley, *His Needs, Her Needs* page 66

“Nonverbal factors such as tone of voice, facial expressions and body language can affect communication far more than ones choice of words. *Listening is hard work!* It means listening with ears, watching with eyes, and understanding how your spouse acts and reacts - and you cannot achieve straightforward communication without it.”

- Ed Young, *The 10 Commandments of Marriage* pages 65, 76&77

“Happy couples may disagree vehemently, *but they don't shut their partners out.* When one spouse brings up an issue, the other listens attentively. From time to time, the listener will paraphrase what the other says to make sure the message is understood. They are also comfortable taking a brief time-out to gain some objectivity and perspective in the heat of battle - as long as they agree on a time to come back and talk it through.”

-Les & Leslie Parrott, *Saving Your Marriage Before It Starts* page127

“Softening the startup is crucial to resolving conflicts because, research finds, ***discussions invariably end on the same note they begin.*** That's why 96% of The time I can predict the fate of a conflict discussion in the first three minutes! If you start an argument harshly - meaning you attack your spouse verbally - you'll end up with at least as much tension as you began.”

-John Gotten, *The Seven Principles for Making Marriage Work* page 161

“How can you be an understanding husband? The most powerful weapons you have are your ears. *Just listen to your wife, and she is much more likely to feel understood.* To “just listen” is usually not a mans strong suit. He is better built to analyze, give answers, and “*fix*” the situation. As a husband, if you can grasp that you don't always have to solve your wife's problems, you will take a giant step towards showing her empathy and understanding.”

- Emerson Eggerichs, *Love & Respect* pages 240 & 242

“Ephesians 4:29 tells us not to say anything unless it “edifies” or makes the situation better. One question I sometimes ask myself: “*Is the comment a complaint or a request?*” Complaints are often about the past and are meant to tear down or win an argument. Requests, by contrast, are usually about the future and can move towards resolution.”

-Bruner and Stoope, *It Starts at Home* page 51

“If we don’t really trust God, we cannot rest in the fact that He has provided our spouses to us as means of making us more into the people he wants us to be. Trusting God means that we can begin to look at our spouses as God’s provision for our holiness. Before we can “re-solve “ conflict well, we must resolve to be *for* the other person. When we look across the table at the person with whom we are fighting, ***can we honestly say that we’re in this together?*** This primary question leads naturally to several others:

1. Does he or she tell me the truth? Do I tell him or her the truth?
2. Is he or she willing to stand in my way if necessary?
3. Will he or she invest in my pleasure? Do I invest in his or her pleasure? (In other words, are we concerned about and committed to each other’s happiness?)
4. Is her or she grateful for me? Am I grateful for him or her?
5. Does he or she delight in my presence? Do I delight in his or her presence?

Until we can honestly say that yes, God is good and we trust Him, and yes, we are for the other person in the relationship, there is little hope that our conflicts will end in anything more than a pact to agree to disagree or a negotiated compromise that is something less than a win-win. No one is really changed in the process. No one matures. The peace may be kept, but wounds aren’t healed and God is not glorified.”

-James & Thomas, *“Yup.” “Nope.” “Maybe.”* pages 131-132

Talk it out:

Philippians 2:3 says, “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.”

Here is a great exercise for you. Sit down with a good friend, child or spouse and discuss how the formula in this verse relates to the way you communicate.

1. When we communicate, do I come off as a selfish or self-less person? How so?
2. Where do you see humility at work in my talking/listening?
3. Key Question: When we are in conflict do you have that sense that I am more concerned about being heard or am listening and responding to your legitimate concerns?

It's a privilege to partner and pray with you each week!

Noah



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