

# Finding Answers To Marriage from the Creator of Marriage

**Communication:**  
Understanding the “Heard”  
Mentality

# The "Heard" Mentality

- Communication only happens when a person is HEARD.
- Everyone wants to be HEARD.
  - Shows respect.
  - Expresses love.
  - Meets core needs.
- Communication is God's top tool to build a strong marriage!

# Common Problems in Marital Communication

1. "I'm tired, and talking doesn't relax me."
2. "If we have to talk about it, something must be wrong."
3. "If that's the problem then why don't you solve it this way?"
4. "That's nice but that's your department."
5. "Tell me what you want, don't just hint at it."

# Video Clip Quiz

- Which of his core need(s) is Jack (Nicolas Cage) trying to meet?
- Which of her core need(s) is Kate (Téa Leoni) trying to meet?
- Was this a “successful” fight?
- After the video break: What do you think Jack (Nicolas Cage) heard from his wife Kate (Téa Leoni)?

How to have a God-honoring fight!

**#1 Timing is  
everything.**

How to have a God-honoring fight!

#2 The issue is the  
issue.

How to have a God-honoring fight!

#3 The past is the  
past, leave it there.

How to have a God-honoring fight!

#4 Listen, listen,  
listen.

How to have a God-honoring fight!

**#5 Know the words  
to use which don't  
abuse.**

How to have a God-honoring fight!

#6 Share your side.

How to have a God-honoring fight!

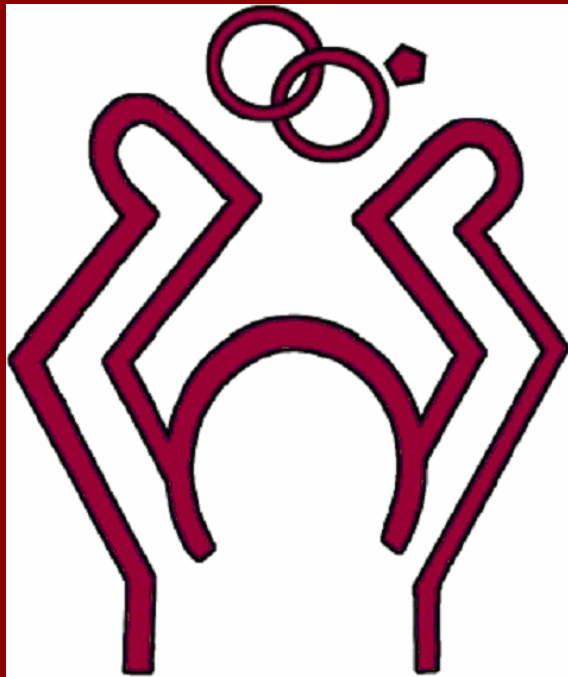
**#7 Bring it to a  
God-honoring end!**

## Philippians 2:1-5

- Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, 2 make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose.
- 3 Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;
- 4 do not *merely* look out for your own personal interests, but also for the interests of others.
- 5 Have this attitude in yourselves which was also in Christ Jesus,

# Strategies for Marriage

- Are you violating one of the 7 rules on how to have a “God-honoring” fight?
- Will you commit this week to minister to your spouse’s needs through communication?
- If married, take a problem and work through the 7 steps.



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**NEXT WEEK:**

Being Male, Being Female  
(Men and Women Separated)