

Marriage Matters
Winston T. Smith
Lesson 5
“Being Honest About Yourself”

Reveal Yourself Not Your Spouse

The TAKE AWAY here is to share _____ thoughts and feelings with your spouse.

Share yourself.

Use simple _____ like

“I think...,”

“I feel...,” or

“It seems to me...”

Speak with _____ which allows us to leave room for a different perspective, correction of a faulty understanding and learning more information about your spouse.

Sharing Emotions

Jesus shows His emotions

Verses: Mark 3:1-6; 8:31-33; John 11:34-36; Hebrews 5:7; Isaiah 53:3

Sincere love requires _____ each other's emotions – the good and bad, the joys and sorrows.

Love requires us to _____.

The absence of emotion doesn't communicate neutrality, logic, or intelligence; it communicates _____.

Handle Carefully: Anger and Fear

Psychologically anger usually highlights the _____ of others.

Physiologically you feel anger in your _____.

God's anger is motivated by his _____,
but also his _____

Use the energy of your anger to _____ yourself.

Fear keeps you focused on what _____ happen next.

Fear makes you want to run, hide, and _____ yourself.

Subtle Forms of Dishonesty

Double Blinds-We conceal the truth and join it to a contradictory message,
where either response you will _____.

Indirection-we communicate with our spouse _____.

Misdirection-instead of talking about the real problem we
_____ another one

“Speaking the Truth to Your Spouse”

Pointless Truth: Misguided Honesty:

Kim wasn't sure she liked losing her maiden name, Leith, to become Kim Smith.

Unwholesome Talk: Language That Tears Down:

“I wish I had married someone else!”

Honesty that tears down a marriage is like a demolition derby.

Foolish Talk: Speaking Whatever is on Your Mind Without Reflection, Whether it is True or Not. (Prov 12:18, 23)

The wise person understands how _____ words can be and uses them **carefully**.

Wisdom means knowing our spouse well enough to know _____ should be shared and _____ to share it.

Forms of Communication that are Loaded with **Corrosive Content**

Exaggerations: Only, _____, Never

Trait Names:

Reduce a spouse's _____ to his or her _____ behavior.

Mind Reading – Assuming the _____

Shaming:

It is especially egregious when in a moment of anger a spouse takes something you've shared in a moment of intimacy and safety, and then uses it as a _____ against you.

Spiritual Roots:

Love and Build Up Your Spouse by Focusing on These Things:

Wholesome Speech Affirms _____

Wholesome Words Are Based on **Understanding**

You both need to know you are _____ and _____ by Jesus.

Visiting Your Spouse's World:

When you know a person in the _____ of his life, you know how to build him up.

Timing:

Knowing _____ to speak and knowing when _____ to speak

Summary:

In **all** things, work **together** to **build each other up** to be more and more like _____.