



# NEW HORIZONS NEWSLETTER

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## IMPROVING MARRIAGE TALK

We all know that to have a lasting marriage there needs to be healthy communications between partners. Some have an easy time to talk about anything; others have trouble putting two sentences together.

There are five types of communications that can give you a healthy foundation for talking with your spouse or just about anyone else.

**SMALL TALK** is the first. English essayist, Sydney Smith said, "One of the great pleasures of life is conversation." Believe it or not, small talk probably has more impact than any other form of communicating. The reason is that small talk builds connection that often leads to deeper thoughts. I always start my counseling sessions with small talk because it relaxes both the client and me. After a few minutes either they bring up what's on their mind or I will. ☺

**SERIOUS TALK** is the deeper communication that most of us men are afraid of having with our wives. But, there are times when we must talk about difficult issues.

There is a reason why they call this type of communication as having a "heart-to-heart talk." In most marriages or deep friendships, it is the one who is the better communicator who generally initiates serious talk.

**SELF TALK** is the inner conversations we have with ourselves. A genuine person's inner thoughts will reflect the truth of what he is thinking and feeling. The disingenuous person can have inner thoughts that deceive them from the reality. So, a disingenuous person often ends up believing their own faulty rationalizations. This is what some call "sincere-delusion" - denial.

**SOUL TALK** is that inner conversation between soul and spirit. Your soul consists of your mind, will, intellect, and emotions. Your spirit is probably in the shape of your body, yet separate from the body. It is this spirit where, for believers in Jesus Christ, The Holy Spirit dwells.

Soul talk helps us to communicate to others on an

everyday basis. It is like you're putting on the mind of Christ. You are hearing through his ears to give you a spiritual impression for more insightful conversations.

**SPIRIT TALK** is the inner communication between your spirit and God, The Holy Spirit. While I am counseling a client, my soul is communicating with my spirit to hear what God, through the Holy Spirit, is saying to me.

The Bible teaches us that The Holy Spirit will be with us forever (John 14:16 TLB); the world at large cannot accept Him (14:17); He lives with us and in us (14:17); He teaches us (14:26); He reminds us of Jesus' Words (14:26; 15:26); He convicts us of sin, shows us God's righteousness, and announces God's judgment on evil (16:8); He guides into truth and gives insight into future events (16:13); and He brings glory to Christ (16:14).

**SWEET TALK** is the last on my list of helpful ways to communicate in marriage. The title speaks for itself. This is conversing with sugary words

such as: *I love you, Sweetie-pie, You're my Cutie, I cherish your love for me, You complete me so well...etc.*" (Edited from Arn, *Who Cares About Love*, 1986)

Being a good communicator in marriage is being able to utilize all six types of communicating skills. Good communications within marriage make it far more difficult for the marriage to fail.

### Important Words in Marriage:

- The five most important words are: *You did a good job.*
- The four most important words are: *What is your opinion?*
- The three most important words are: *Let's work together.*
- The two most important words are: *Thank you.*
- The single most important word is: *We.* (Nelson's Complete Book of Stories, Illustrations & Quotes, 2005)

*We seek pitifully to convey to others the treasures of our heart, but they have not the power to accept them, and so we go lonely, side by side but not together, unable to know our fellows and unknown by them.* (English novelist and playwright, W. Somerset Maugham, *The Moon and Sixpence*)

### Is Your Dialogue Worthwhile or Worthless?

In James 1:19, we read: *My dear brothers, take note of this: Everyone should be quick*

*to listen, slow to speak and slow to become angry.* (NIV)

A worthwhile conversation involves active listening. If you are prone to talk too much or interrupt before the other has completed their thought, you may be communicating that you think your thoughts are more important. When someone is talking with you they should feel that their perceptions and ideas have value to you.

Be both slow to anger and slow to be offended during conversations. When your ego gets bruised, you will tend to feel hurt and not heard. Remember, you could be wrong in your perceptions of what's being said. Qualify what was said with a question to be sure you heard it right.

*We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.* (James 3:2 NIV)

A worthless conversation is destructive. Both what you say and don't say are important in conversations. It is important to control your desires to say what you should not.

Before talking, ask yourself: *Is what I want to say true? Is it necessary? Is it kind?*

A lack of self-control is demonstrated when you do damage with your words. Words are like fire; you can neither control nor reverse the damage done by the fire.

If we are trying to improve our speech, the Holy Spirit will

give us increasing abilities.

When we are criticized, the Holy Spirit will also heal the hurt. Put God first in all your conversations and you won't lash out thoughtlessly. (Edited from Wilson, E. (1992) *The Handbook of Bible Application*)

### WE NEED PRAYER PARTNERS

#### & FINANCIAL SUPPORTERS

Each year this ministry counsels hundreds of hurting souls. Some may only need a little advice while others require intensive Clinical Christian Counseling.

We need daily prayer partners who will dedicate a moment of each day to pray for the Clinical Christian Counselors and clients.

Also, we need financial assistance to continue seeing those who are in dire straits. You may not know this, but we do not turn away those who cannot give a donation for their counseling; we do not believe Jesus would either. But, the fact remains, we have to pay our expenses.

God blessed us with a \$5000 donation last year that helped us to end the year with expenses paid.

Would you please consider adding us to your budget for giving to this tax exempt counseling ministry?

Credit card donations can be given over the phone or through PayPal on our web page.

