

**SUSTAINABLE MARRIAGES #2**  
**COMMUNICATION CRAZINESS**  
**Ephesians 5:1-2, 21**

*NOTE: For some of these questions, you may have to modify your answers to your specific relational status. For example, if you are unmarried, you may talk about how your joys and struggles in relationships relate to conflict and commitment as well. Regardless of relationship status, we can learn from the scriptures and one another as a spiritual community.*

**EXPLORING THE BIBLE**

Read James 3:2-10. What do these verses say about the potential danger of our communication?

Read Proverbs 25:11-12, Prov. 12:18, and Prov. 15:1. What do these verses say about the potential benefit of our words?

Read Ephesians 5:1-2 (from the Message translation):

Watch what God does, and then you do it, like children who learn proper behavior from their parents. Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of himself to us. Love like that.

What might these verses say about our approach to marriage? Record your observations below.

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|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

What does it mean to “submit to one another out of reverence for Christ”? What practical impact should this command have on our relationships and our differences in communication styles?

**LIVING IT OUT**

In your relationships, what level of communication you are regularly communicating at? When was the last time you communicated at levels 1 or 2?

1. Level 5—Cliché
2. Level 4—Reporting Facts
3. Level 3—Exchanging ideas and opinions
4. Level 2—Sharing feelings and needs
5. Level 1—Transparency

What things in your life make it difficult for you to communicate at levels 1 and 2?

If you are married....we suggested the following three practices to develop ONE-ness in your relationship: (1) Routine Times Together, (2) Special Times Together, and (3) Extended Times Together. What is one thing you can prioritize over the 30 days to develop ONE-ness in your marriage? What specifically will you do together?

If you are single...where are you currently seeking deep and meaningful relationships? Do you have a healthy place where you can regularly be transparent, open and honest about your life?

How can this group do to help encourage you to develop these practices of communication in your relationships?

*These sermon notes are produced each week for further study and discussion in our small groups. If you are interested in joining a small group, please contact Leslie Ann Yell at [smallgroups@chathamchurch.org](mailto:smallgroups@chathamchurch.org) or 545-9589. Some of these questions were based on questions in other curriculum. If interested, ask Jeff Lawrence for a list of sources.*