

A MARRAGE WITHOUT REGRETS

PROGRAM 18 (#910148)

WEEK 4 (910332)

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The following is an actual transcript of the PRECEPTS FOR LIFE Broadcast. For the purpose of filling transcript requests quickly, they have received only light editing. If you have questions concerning the material covered in this broadcast, Kay has published a number of books explaining the Scripture in depth. These books may be ordered by contacting the telephone number or address printed above.

SERIES: A Marriage Without Regrets

TITLE: Program 18 – Essentials For Communication

WEDNESDAY

OPEN

Sometimes because there's such pain in the past, and such hurt in the past, we don't understand what we're battling against in that communication. We don't understand why we say something and all of a sudden our mate goes into a rage, gets furious or just burst out in tears or absolutely clams up. We don't understand that, because there's not an openness. And so if you're going to have a healthy communication with one another, you need to be open.

PART ONE

When I opened my friend's Christmas card, I noticed that there was something missing. And that was the name of her husband. Frank's name wasn't there, and I thought, what has happened? Did he die? I didn't hear anything. Because I thought that they had a wonderful, wonderful marriage. And then a note, a small note, a short note fell out of the card. And on that

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note, she said, “Frank has left. He’s left and he’s remarried.” And then she said, “Kay, tell the women, tell the men, never stop communicating. What had happened? They had stopped communicating. And Frank had found someone that he could talk to, someone that would listen to him, someone that would admire him. And she realized how she had failed in communication. Do you realize my friend, that communication is one of the most single important factors in marriage? How we talk to one another can make a marriage or it can break a marriage. It can destroy a relationship. It can create a relationship. It can strengthen a relationship. You know in Proverbs, chapter 18, verse 21 it says, “Death and life are in the power of the tongue. And those who love it will eat its fruit.” What is he saying? He’s saying that what you say can either destroy or what you say can build. And if you will love what you say, if you will be careful, if you will learn to communicate properly, then you can eat the fruit of that communication because you can turn a person around. You can turn a situation around through the power of your tongue. How I wish I had known these things. When my first marriage ended in divorce, my husband would call me and we would talk briefly on the phone. He lived in Ohio and I lived in Virginia at the time. And as we talked on the phone, one day he told me, he said, “I’m going to see a psychiatrist.” And I said to him, “Tom, what are you going to a psychiatrist for?” And I’ll never forget his words. And he said, “Because I can’t forget the things that you said to me.” Do you know that James, chapter 3 tells us that death is in that tongue? Fire is in that tongue, that the tongue can change the course of a person’s life. So how we need to learn to control our tongue? How we need to learn the art of using our tongue as an instrument to build, as an instrument to edify a person. Let me just share a verse for you out of the book of Ephesians. It’s in Ephesians, chapter 4, and this is what it says in verse 29. “Let no unwholesome word proceed from your mouth, but only such a word as is good for edification.” Do you know edification means? Edification means, it builds up. It doesn’t tear down. And

it doesn't destroy. He says, "But only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear." What is grace? Grace is unmerited, unearned favor. When you think of grace, you think of something nice. And that's what should be in our tongue. What is communication? Well, communication is basically listening. It's also watching. And it's also sharing. It's also verbalizing, and so all these three factors go into communication. Now experts tell us that 55% of communication is our body language. What are we saying with our body? What is that person saying to us with their body language? Are their arms folded? Are their heels dug in? Are they leaning forward? Are they smiling? Are they just looking around? Are they twiddling their thumbs? They're communicating to you. And so when communication is listening and watching and sharing, we have to realize that we need to watch that body language because 55% of communication is body language. Now, they go on to say that 38% of communication comes through your tone of voice. How is it being said? Is it being said like this? (*Tense tone*) Is it being said like this? (*Happy tone*) Is there emotion in it? Is there anger in it? The other day I made a phone call to a friend of mine that's so messed up and that is in such turmoil. And all I did was say, "Hello, so and so. This is Kay." And immediately, she was yelling at me over the phone. "Who told you to call? Why are you calling? Etc., etc., etc." And I said, "It doesn't matter who told me to call." I said, "All I want to know, my friend, is how are you doing?" And then I never said another word. I just listened. I couldn't see her body language. But I could hear the tone of her voice. This was a frantic, upset, distressed, wild woman. The tone of voice. Then they go on to say that 7% of communication is our words. Now, I know only 7% of communications in this scientific realm is words and yet as I told you death and life are in the power of the tongue. And it's the power of the words that the tongue is saying. And so you've got to know that your words can be health to a body, as Proverbs says, or they can be rottenness to a soul. I mean they can just

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decay a person and bring rottenness into their life. And just, make them feel like they're nothing but a heap of garbage, just putrid. So we have to watch our words. Now some of them have changed those statistics a little bit. Some say it's 55% body language. Others say it's 35% emotional. And then it's 2% intuitive. You know, it's kind of like, I know what's going on. I'm analyzing the situation or we're sitting there analyzing what's being said to us and so we're getting this in an intuitive way. And then if it's that statistic, then 8% is words. My question to you is, Precious One, how is the communication in your marriage? Now remember and you've been hearing me say it if you've been listening to the program and that is that marriage is a ministry. Marriage is a ministry to God. Because the way I handle my marriage testifies of the grace of God and the power of God and whether I believe God or not. Marriage is not only a ministry to God, but marriage is a ministry to my mate. And what I need to remember is this, especially in communication that God has allowed me to be married. That God has given me a mate and that I'm accountable for that mate. And I'm accountable, not for the way he behaves, or what he does with God, but I'm accountable for the way that I relate to that mate. I'm accountable for what I say to that mate. And so as we talk about communication, if you and I can see that when we say things to people, when we communicate to people, either by our body language or by our emotions, by our tone of voice, or by our intuition or by our words, that it is to be a ministry that is pleasing to God. Remember this: God is a God that's a redeemer. He didn't send His Son to destroy. Jesus came to that we might have life and that we have it abundantly. And remember death and life are in the power of the tongue. And so you and I need to realize that God has given us a ministry. I mean so many people are looking for a ministry and they don't see they've got a ministry right in front of them. They've got a ministry hanging in their mouth. It's their tongue. And with that tongue, they can heal. With that tongue they can change the course of a person's life, and for the positive.

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Now, if we see it as a ministry, if we see marriage as a ministry to God, a ministry to my mate, it's also a ministry to my children because if there are young ones living in the house, those young ones are listening. They are listening to the way that you talk to one another. They're listening to the way that you treat one another, with your words, whether you build up or whether you destroy. It's the same way with the children. If marriage is a ministry and speaking is a ministry, then you can minister to your children. You can combat all the lies that they hear in the world, you can undo and unravel and untangle all the terrible things that are said to your kids if you will constantly build them up with your tongue. If you will use it for edification, Precious One, and then, it becomes a ministry to the world. Why? Because the way that you speak to your mate either makes them or destroys them. If you make them then you put somebody out in the world that is positive and that doesn't need ministering unto because they've been so devastated, but they are able to minister to others, and the same for your children. And so it's a ministry to the world. And it's a ministry to the world the way you talk to people, at the counter, in the restaurant at the bank, wherever you go. How are you talking to people? I listen, because I travel all over the world. I listen to such abuse that is given in airports by people that are irate because the plane won't take off for some reason or another. Either it's not there or it's not safe or some door won't close or some instrument's wrong and they just get absolutely furious. And they cut down and they destroy. We're living in times where you are seeing people just literally destroy and devastate others with their tongue. They're angry people. And you know what? I believe that they're probably doing that because it's been done them and because they're hurting inside. Ministry, that's what marriage is all about. Now, I want to share with you four absolutely essential factors that you need to keep in mind in communication. And I'll do that with you as soon as I come back.

PART TWO

As I said before the break there are four essential factors that you need to hold to in your marriage if you're going to have proper communication. In other words, anytime you get ready to communicate, you need to agree to these four essential factors. And in your communication, you're never going to violate this. Number one: the first essential factor that has to be in place in marriage is understanding that marriage is a priority relationship. And you know this is where we were failing, Precious One. Everything else seems to take priority. And when we get home and because so many of you women are working, and you come home and you're absolutely exhausted. I mean you're worn out. You're rung out. You're strung out. And now you've got the responsibility of dinner. You've got the responsibility of the home. You've got the responsibility of the children and I don't care if your husband does help you. Still, because you're a woman, there's that innate understanding that that home is your responsibility as a woman. And it is and you are right. But we get so strung out that we forget that this is a priority relationship. Now where do I get that from? Well, I get it from Genesis, chapter 2, verse 24. Right from the very beginning where you find the very first marriage between Adam and Eve. And when God brings Eve to Adam, then Adam makes a statement. And among those statements, he says, "This is now bone of my bone and flesh of my flesh. She shall be called woman because she was taken out of man." And then it says this, "For this cause a man shall leave his father and mother and shall cleave to his wife." In other words, no other relationship is to get in the way of this relationship. So you can't say, "Well my mother wouldn't be pleased. My dad wouldn't be pleased. Or my parents wouldn't," or anything like that. It has to be, "Darling what pleases you? You are my priority." And if you'll remember that, when you get ready to communicate, it'll help that communication. The second thing you need to understand and you need to uphold in marriage, is you need to uphold the permanence of marriage.

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Marriage is permanent. Never use the big “D” word, the divorce word. Why? Because it’s permanent. It says, “For this cause...,” in Genesis 2:24, “...shall a man leave his father and mother and cleave to his wife.” Now that word, cleave, means literally to bond together. It means to glue together. It means to glue together permanently. And so if you’re going to communicate properly, you need to look at your mate and remember, “Hey this is my mate forever. This is the mate that I have until death do us part, not until divorce.” Because divorce is not in God’s vocabulary. Now, yes there are grounds for divorce. And yes, God does allow divorce and remarriage under certain circumstances. But we’re going to discuss that later. We’re not going to discuss it now. But you just don’t think divorce. So anytime in your communication you don’t say, “If only we weren’t married or I wish we weren’t married or what did I do marrying you? I would be better off. . .” No. No. You can’t say that. You’ve got to remember that marriage is priority and marriage is permanent. And the third thing that you need to do is you need to uphold the oneness of marriage. Now this is so essential. And you see the oneness in this. And it says, “And they shall become one flesh.” Now we’re going to deal with the issue of sex in marriage very, very soon in this series. And the one flesh literally means coming together as a husband and wife. And yet, that coming together, that oneness that you have physically is symbolic of a oneness that happens in marriage, so that you’re no longer two. God says what He has joined together, let no man separate. So it should be and if you understand covenant, when you’re in a covenant relationship, what affects your covenant partner affects you. And so you’ve got to understand that this is your mate for life; therefore, when you communicate with this mate and you destroy this mate, you’re really hurting yourself. You’re really demeaning yourself. You know, in Ephesians, chapter 5, where God talks about how a man is to love his wife as Christ loved the church, he’s also to love his wife as he loves himself. Why? Because there’s that oneness in marriage. And then the last essential factor that you need to

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uphold in marriage is the openness that's in marriage. Now watch what he says, in Genesis, chapter 2. Let me read verse 24 and 25 so you'll get the context. "For this cause, a man shall leave his father and his mother and shall cleave to his wife and they shall become one flesh. And the man and his wife were both naked and were not ashamed." Now they were naked. Now, if you're naked, there's nothing, absolutely nothing hidden. And there was this total openness between the two. Now what happens? Well in the next chapter, Eve doesn't listen to God. Eve doesn't believe God. Eve listens to the serpent that comes into the garden and says, "Yeah, has God said?" He cast a great big question mark on the veracity of God's Word. Eve, instead of listening to God, listens to the serpent. She takes the forbidden fruit of the tree. She eats it. She gives it to Adam and in that singular act, sin enters into the world. Now what does sin do? Sin separates. All of a sudden they had a knowledge of good and evil. All of a sudden there wasn't that openness between them anymore. And what did they do? The first thing you find them doing is you find them hiding. You find them covering themselves with fig leaves. Why? Because they know that they are naked and they are ashamed. There something to hide. If you're going to have a healthy strong marriage then there really needs to be an openness between both of you. But I want to tell you something. You're not going to open yourself to a person that you think might walk away. You're not going to open yourself to a person that doesn't put you in a high priority position. You're going to be careful and you're going to guard yourself. And then we have to remember that when we get married, we're bringing a whole background and we're going to talk about that, we're bringing a whole background into that marriage. We have a whole family history of the way that our parents treated one another, the way they treated us, the things that were said to us, how we look at life, how we view life, what we think the role of a man is, what we think the role of a woman is. And so you bring that into marriage from one partner and you bring it in from the other partner and sometimes because

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there's such pain in the past, and such hurt in the past, that's never been shared, we don't understand what we're battling against in that communication. We don't understand why we say something and all of a sudden our mate goes into a rage, gets furious or just burst out in tears or absolutely clams up. We don't understand that. And we don't understand that because there's not an openness. And so if you're going to have a healthy communication with one another, you need to be open. You know, if only my husband had shared with me how he was battling depression, if I had been a wise woman, I would have said, "Honey, tell me what happened. Explain it to me. What are you dealing with?" And then maybe, as we probed the surface of all of that, we would have gone down to this fact that my husband was dealing with a bipolar condition, manic depression. Learn to communicate, Beloved.