

Couples Corner



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Sex & Marriage

Dating tip

Go back to the last place you visited before you got married. Create another memory while remembering the ones that were made. If you cannot remember the last place you visited before you got married, visit a place that you frequented earlier in your marriage.



Silence is not always golden

James 1:19 "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath".

By Olintto and Sheron Groce

No marriage -or relationship for that matter - exists without disagreements. The best marriages or the best relationships are not those where the partners never disagree, but those where they are able to express and respect their differences. "Conflict and differences add character to a relationship and makes it interesting, providing they are not so

great as to be intolerable." How we handle conflict is of utmost importance to the quality of life and staying together. To ignore a problem does not mean it is not there or that it will not have its impact. Punishing one another in silence is not a solution, either.

Sometimes as couples we often say or hear other couples say "we don't communicate". What they really mean is that they no longer feel heard, accepted, and valued by their partner. They are still communicating however. They may be communicating through silence, anger, avoidance, blame, criticism etc. but not through love and understanding.

Here are some vignettes we have found invaluable:

1. If you want to be a better communicator, be a better listener - listening without reaction and without judgment.
2. When your partner is sharing a belief, an opinion, or a feeling, it is his/her feeling. He/she is entitled to it; it's his/hers.
3. Being a successful couple is not a win-lose game where one person has to give in. Being in a successful relationship means that neither of you is completely right, nor completely wrong. Successful communication between you and your partner may help you find a third alternative where you can both live happily – it's called synergy. Marriage is a continual meshing, accommodating, and negotiating between two individuals acting as a couple - acting as one.

I don't know who came up with this but I think it is good counsel. Timing can be crucial when you want to have your spouse truly hear what you want to communicate. It is called the **H.A.L.T.** method.

HALT yourself from trying to talk about anything important or that could cause conflict when either of you are: **Hungry, Angry, Lonely or Tired.** The likelihood of successful communication during these times is minimal. They can close off a partner from truly hearing and listening to what you are trying to communicate.

The best counsel I find however, is the word of God. "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath".

If you would like to contribute an article, please submit it to a member of the Couples Ministry.

