



FLOOD CHURCH LILONGWE
MARRIAGE PREPARATION COURSE
SESSION 1 NOTES

SESSION 1

COMMUNICATION

The aim of this session is to help you become more aware of your communication styles, learn to be a better listener and make a plan for communication in your relationship.

SCRIPTURE

Genesis 1: 26-31

²⁶ Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,^[a] and over all the creatures that move along the ground."

²⁷ So God created mankind in his own image,

in the image of God he created them;

male and female he created them.

²⁸ God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

²⁹ Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ³⁰ And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food." And it was so.

ACTIVITY 1: Personality and communication

Tell your fiancé how you think their personality impacts the way they communicate.

ACTIVITY 2: Family styles of communication

Complete the following exercise on your own and then talk about it together. Mark an 'x' where you think your own family comes on the line between the two extremes

Overall the communication in my family was

Indirect	Direct
Vague	Specific
Relaxed	Stressful
Non-confrontational	Confrontational
Closed	Open
Loud	Quiet
Humorous	Serious

ADDITIONAL DISCUSSION QUESTIONS ABOUT COMMUNICATION:



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How has the way your family communicated when you were growing up affected the way you communicate now as an adult?

How different is this to the way your fiancé's family communicates?

How do your current circumstances impact your communication?

BARRIERS TO COMMUNICATION

1. **Insufficient time**
2. **Failing to talk about our feelings**
3. **Holding onto hurt and resentment**
4. **Failing to listen to each other**

DISCUSSION QUESTIONS:

How can you make time in this season to ensure your communicating well?

Are you good at talking about your feelings? What can you do to improve?

Were you encouraged to talk about your feelings during your upbringing? How/how not?

ACTIVITY 3: Effective Listening (15 mins)

1. Ask your fiancé to tell you about something that is worrying them. Listen carefully.
2. Reflect back what they have said, particularly about their feelings, to show that you have understood. If you did not understand your fiancé should tell you again.
3. Then ask, "What's concerning you most about what you've told me?"
4. Again reflect back what they say.
5. Then ask "Is there anything you could do (or, if appropriate, you'd like me or us to do) about what you've just said?"
6. Again reflect back what they say.
7. Finally ask, "Is there anything else you would like to say?"

Then swap roles.

ACTIVITY 4: Marriage Time

Start now making time each week to talk together using the PERMS tool:

How are you doing with your health in these areas?

Physical

Emotional

Relational

Mental

Spiritual