

15 BIBLICAL PRINCIPLES FOR GOOD COMMUNICATION IN MARRIAGE

1. When problems arise, acknowledge that you are part of the problem.
"Many a man claims to have unfailing love, but a faithful man who can find?" – Proverbs 20:6
See also [Genesis 3:8-19](#).
2. Be willing to change...Be part of the solution.
"When Jesus saw him lying there and learned that he had been in this condition for a long time, He asked him, 'Do you want to get well?'" – John 5:6
See also [Matthew 5:23-26](#).
3. Be responsible for your own words, actions, and reactions. Don't justify them by blaming them on your spouse.
"Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load." – Galatians 6:4-5
See also [James 1:13-15](#).
4. Do not keep bringing up old arguments or wrongs.
"Love...keeps no record of wrongs." – 1 Corinthians 13:5
"Forget the former things; do not dwell on the past." – Isaiah 43:18
See also [Philippians 3:13-14](#).
5. Focus on the positive instead of the negative.
"...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." – Philippians 4:8
6. Speak with kindness and gentleness.
"An anxious heart weighs a man down, but a kind word cheers him up." – Proverbs 12:25
"Pleasant words are a honeycomb, sweet to the soul and healing to the bones." – Proverbs 16:24
"A gentle answer turns away wrath, but a harsh word stirs up anger." – Proverbs 15:1
7. Take time to listen to your spouse with a desire to understand.
"He who answers before listening—that is his folly and his shame." – Proverbs 18:13
"Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires." – James 1:19-20
8. Express your thoughts and concerns in an appropriate way.
"A word aptly spoken is like apples of gold in settings of silver. Like an earring of gold or an ornament of fine gold is a wise man's rebuke to a listening ear." -- Proverbs 25:11-12.
 - Speak the truth in love.
"Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is, Christ." – Ephesians 4:15
 - Control your anger.
"A fool gives full vent to his anger, but a wise man keeps himself under control." – Proverbs 29:11
"In your anger, do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold." – Ephesians 4:26-27
9. Think things through before you speak.
"The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil." – Proverbs 15:28
"A wise man's heart guides his mouth, and his lips promote instruction." – Proverbs 16:23

10. Keep conflicts between yourself and your spouse as much as possible. Don't get others involved unless it is absolutely necessary.
"If you argue your case with a neighbor, do not betray another man's confidence..." – Proverbs 25:9
See also [Matthew 18:15-18](#).
11. Treat your spouse the way you want to be treated.
"Therefore, whatever you want others to do for you, do also the same for them..." – Matthew 7:12
12. Do good to your spouse without expecting good in return. He/she will usually respond with good, but do not become angry if not.
"...do what is good, and lend, expecting nothing in return." – Luke 6:35
13. Always be ready to forgive.
"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." – Ephesians 4:32
14. Ask God to control your lips.
"Set a guard over my mouth, O LORD; keep watch over the door of my lips." – Psalm 141:3
"The Sovereign LORD has given me an instructed tongue to know the word that sustains the weary." – Isaiah 50:4
15. Never stop praying.
"Pray continually." – 1 Thessalonians 5:17
"Then Jesus told His disciples a parable to show them that they should always pray and not give up." – Luke 18:1