

Session 1 Handout

HE Said / SHE Said

Strengthening Your Marriage Through Effective Communication

Session 1: "Are We Even Speaking the Same Language?"

Communication in marriage is like playing catch...

Most couples don't stop communicating because they don't care. They stop because it hurts.

Ephesians 4:1-3

Be humble, gentle, patient, and united in love.

Isaiah 50:4-5

God teaches us to listen before we speak.

Key Truth:

Communication is not just a skill issue. It is a discipleship issue.

Core Needs:

Men need respect.

Women need love and safety.

Keys to Communication:

- Humility
- Gentleness
- Patience
- Forgiveness
- Unity
- Peace through the Spirit

"When the tone changes, marriages begin to heal."