

# HE Said / SHE Said

## Strengthening Your Marriage Through Effective Communication

### Session 3 – Covenant Communication: Where It Gets Real

“In every marriage, there are predictable places where communication breaks down.” Not random. Not mysterious. Predictable.

Ephesians 4:25–32 — Put away falsehood. Don't let anger control you. Let no corrupting talk come out. Put away bitterness. Be kind. Be tenderhearted. Forgive.

Covenant is not proven on paper. It's proven under pressure.

### The Five Communication Hot Zones

#### 1. Time

Ephesians 5:16 — Make the best use of your time. Time is the first currency of connection.

#### 2. Money

Matthew 6:21 — Where your treasure is, your heart will be also. Money reveals fear and exposes control.

#### 3. Shared Housework

1 Corinthians 13:5 / Ephesians 4:2 — Love does not insist on its own way. Marriage is 100/100.

#### 4. Marriage Sex

1 Corinthians 7:3–4 / Hebrews 13:4 — Sex is covenant, not currency. Requires trust and safety.

#### 5. Priority & Unity

Genesis 2:24 / Ephesians 4:3 — Leave, Unite, One Flesh. Protect the 'us'.

### Marriage Tithing Principle

Galatians 6:7 — You reap what you sow.

### Deposits:

- 1 Encouragement
- 2 Listening
- 3 Affection
- 4 Apology
- 5 Time
- 6 Service

## **Withdrawals:**

- 1 Sarcasm
- 2 Neglect
- 3 Harsh tone
- 4 Dismissiveness
- 5 Bitterness

What you consistently deposit defines your marriage.

Ephesians 4:31–32 — Be kind. Be compassionate. Forgive.

## **I Choose:**

- 1 I choose kindness over criticism.
- 2 I choose time over distraction.
- 3 I choose honesty over secrecy.
- 4 I choose affection over withdrawal.
- 5 I choose forgiveness over bitterness.

**“We don’t just feel covenant. We choose covenant. And we fund it daily.”**