



MARRIAGE WELLBEING COURSE

SESSION 5 – COMMUNICATION

The questions below are related to this week's topic. We recommend that you don't share your answers with each other until you've both completed the assignment. Once finished, set aside time to discuss.

Please take your time answering the questions. Once you've had the opportunity to read through this week's scripture references, pray and ask God for help to give you wisdom as you write out your answers. The quality of your answers will depend on your level of honesty and transparency.

- 1) In a few words, describe how well you communicate with your spouse. For this question be general in your response – write down the first few things that come to mind.
- 2) In the table below fill in the greatest strength and weakness you and your spouse have as it relates to communication.

	Strength	Weakness
You		
Your spouse		

- 3) In your own words describe what James is saying in 3:5 and then write down how this passage might relate to you.
- 4) James 3:9-10 and Matthew 12:34-36 speak of a deeper condition as it relates to what we say and perhaps how we say it. What do you think these passages are describing?
- 5) James 3:11-12 describes an unusual situation. As a believer, how would you apply this to yourself?
- 6) In the narrative for this session we touched on the importance of a safe environment for communication. Please describe if you have or don't have a safe environment to communicate with your spouse and why you believe that to be true.