

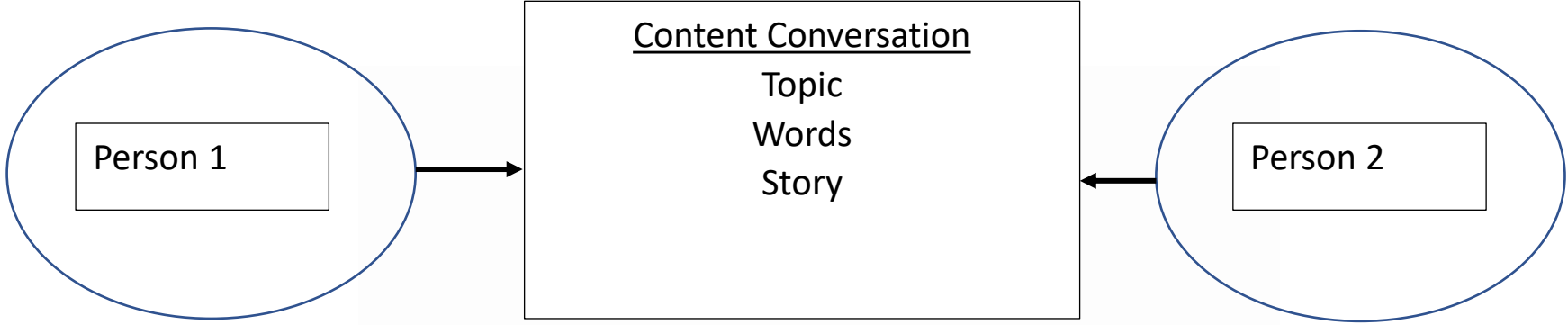
# God's Design for Marriage

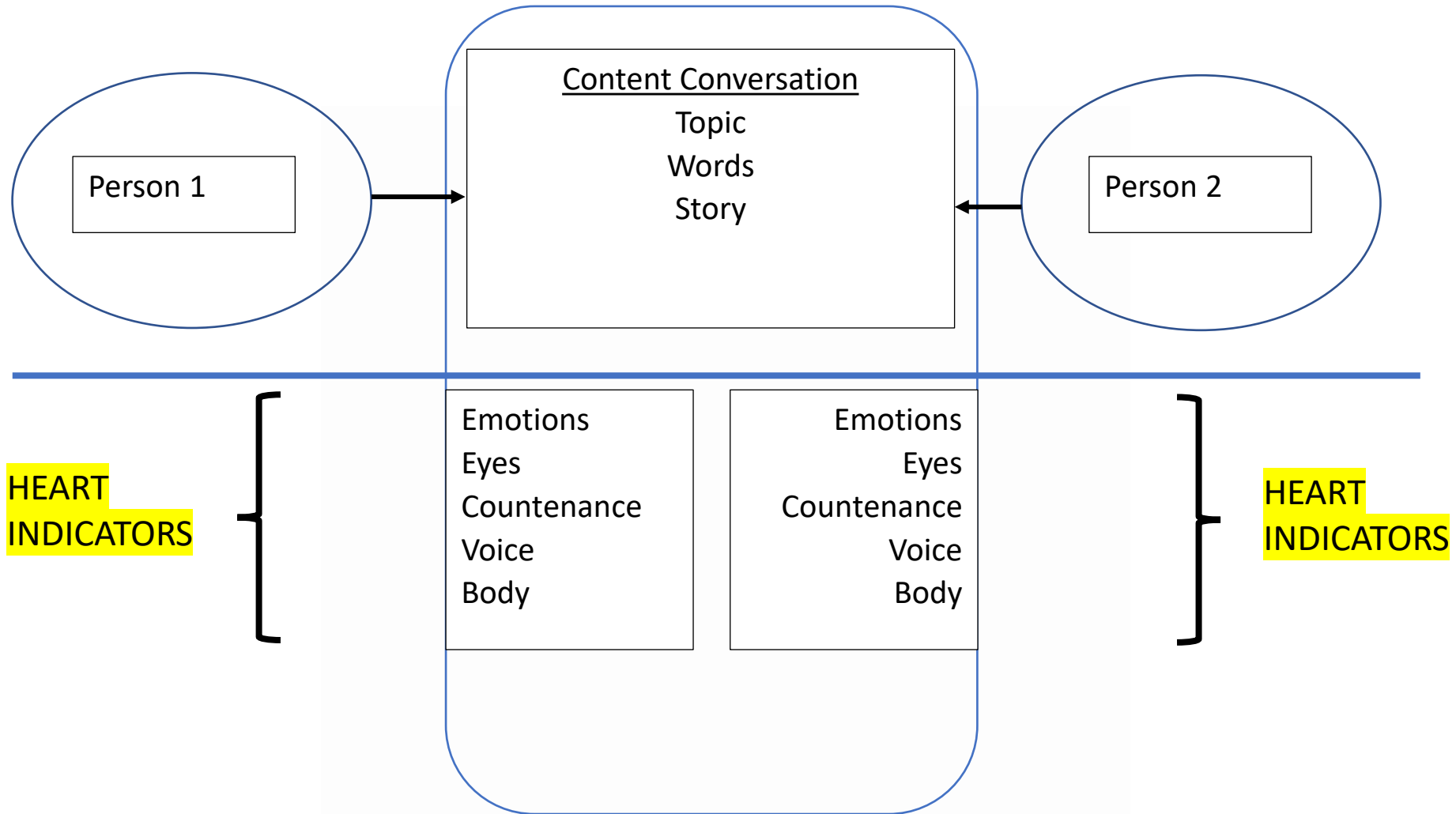
Week 10

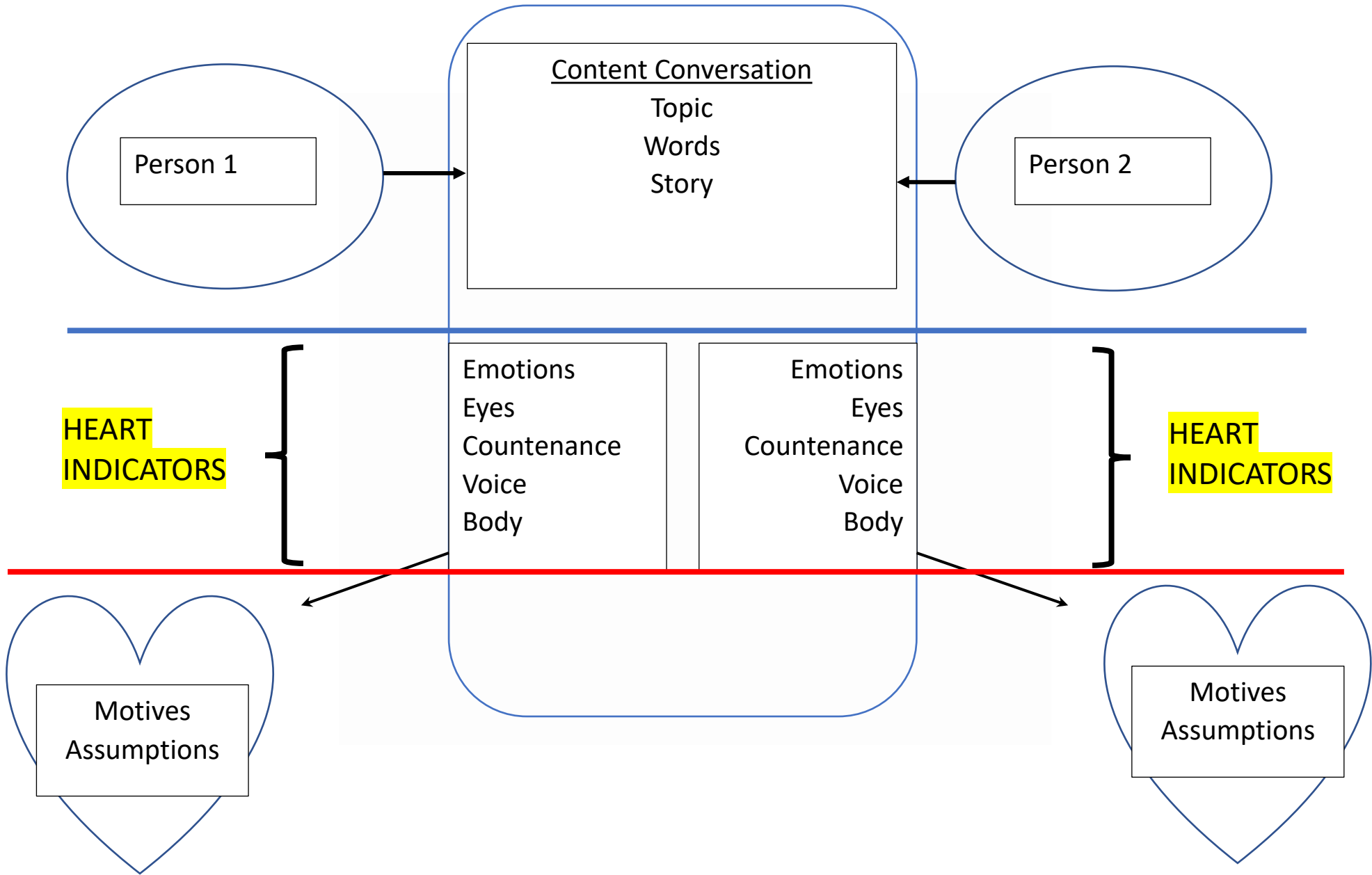


# Having a Serious Conversation

- Husband – Wife Interactions
- Be aware of emotional history
- 2 Goals:
  - To walk away feeling better
  - To gain a better understanding of the other person's heart and what God is doing.







Person 1

Content Conversation  
Topic  
Words  
Story

Person 2

HEART  
INDICATORS

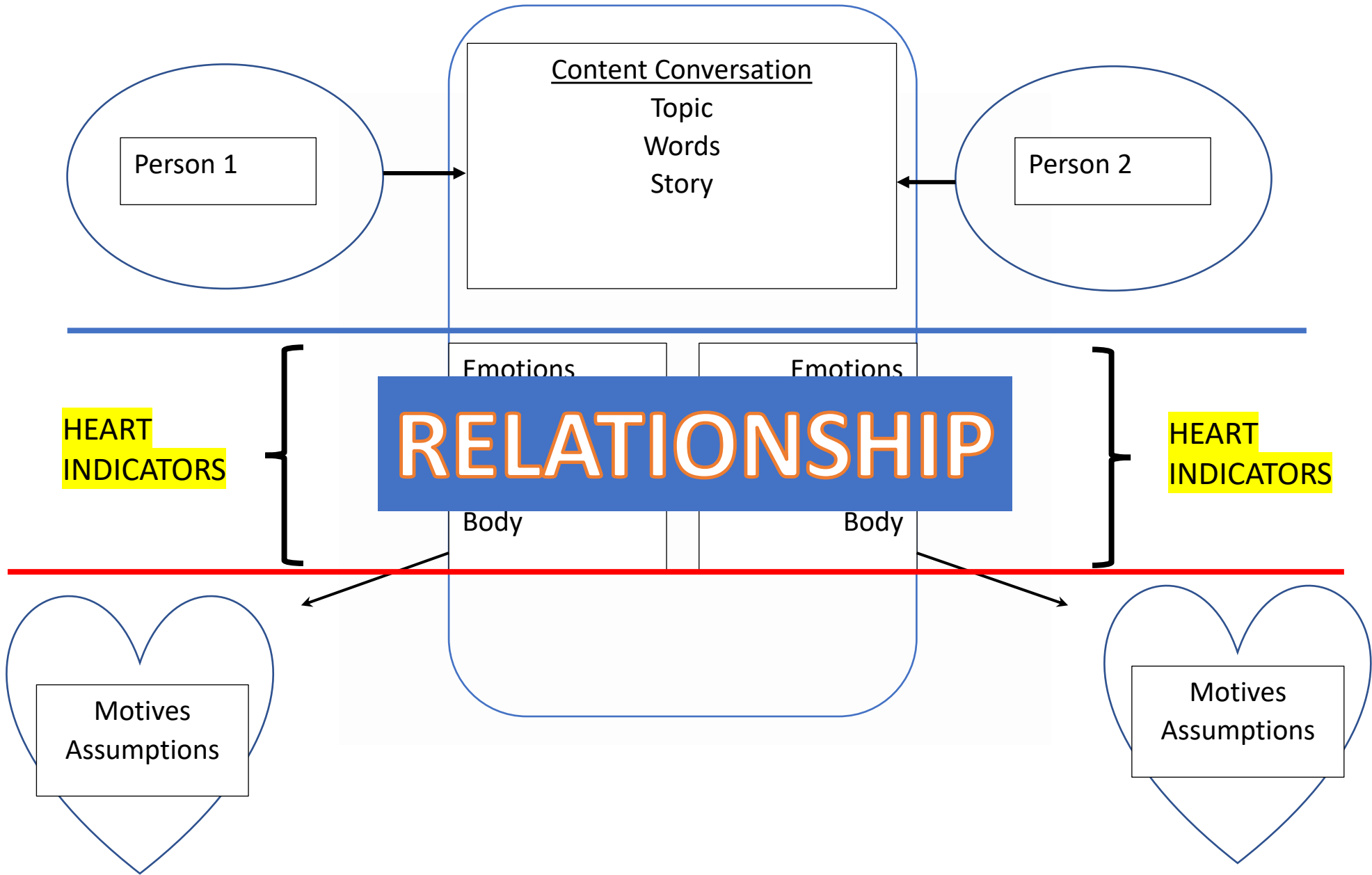
Emotions  
Eyes  
Countenance  
Voice  
Body

Emotions  
Eyes  
Countenance  
Voice  
Body

HEART  
INDICATORS

Motives  
Assumptions

Motives  
Assumptions



# Having a Serious Conversation

- 2 Goals:
  - To walk away feeling better
  - To gain a better understanding of the other person's heart and what God is doing.
- Nothing to do with the Content Conversation

# Be Mindful of Whose You Are

- Opportunity to practice Eph 4:22-27
- Be guided by Eph 4:29-32



# The Rules

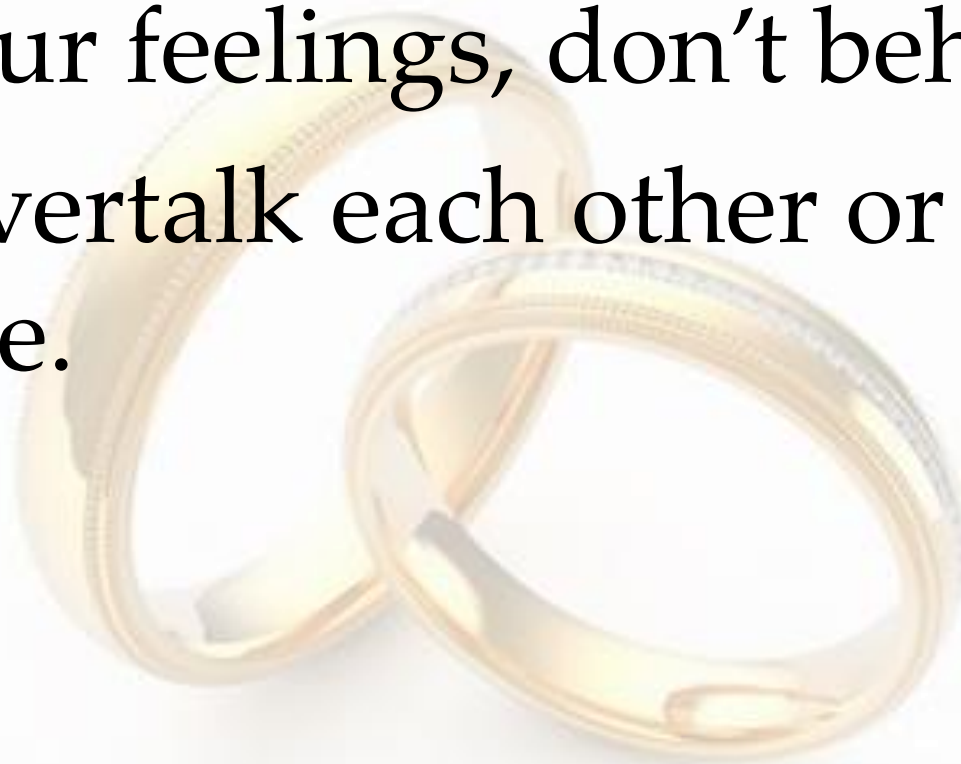
- Call timeout when tension rises.
- Give a half hour to deal with the relationship
  - Else agree to discuss later, preferably same day.
- Timeout means New Ground Rules now apply.

# New Ground Rules

1. You are **NOT** going to continue to discuss the content conversation.
2. Verbalize what is going on with the 5 Heart Indicators
  - Use a Q&A format
3. Why are our hearts in different places?
  - Slow the pace of discussion down

# New Ground Rules

4. Speak your feelings, don't behave them.
5. Do not overtalk each other or speak at the same time.



# Starting the Discussion

- Questions and answers about the heart indicators to clarify positions.
- What's the point of asking questions and talking about the heart level?

# Walking Away Feeling Better

- You must feel that the other person understands where you are coming from, and vice-versa.
- This is called EMPATHY.
- **Husbands, this is 1 Peter 3:7**
- Your wife must feel that you really understand where she is at.