

SERMON OUTLINE

SERMON TITLE: Communicate or Disintegrate

SERMON REFERENCE: 1 Peter 2:21-24; 3:1-7

LWF SERMON NUMBER: #1920

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1) INTRODUCTION

- a) The number one problem in many marriages today is the failure of husbands and wives to adequately communicate.
- b) All of us, whether married or single, need to learn to communicate.
 - i) Proverbs 18:21
- c) Our Lord Jesus Christ is our example in all things, especially in husband and wife relationships.
 - i) 1 Peter 2:21-23
 - ii) 1 Peter 3:1
 - iii) 1 Peter 3:7
 - (1) The term “likewise” refers to Jesus.
 - (2) Jesus Christ is the pattern and the power for communication in marriage.
 - iv) Both wives and husbands are to follow in the steps of Jesus.
- d) There are five basic levels of communication.
 - i) The frivolous level
 - (1) People talk about the weather, sports, clothes, etc.
 - (2) This is just banter.
 - ii) The factual level
 - (1) People report facts and discuss them, but there is no real personal involvement.
 - iii) The fellowship level
 - (1) Not only do we talk about facts, but we begin to express ideas, judgments and philosophy.
 - iv) The feeling level
 - (1) We begin to talk about how we feel, where we hurt, what our desires and aspirations are, and where our failures and faults lie.
 - (2) Most never get to this level where we share what we’re really feeling behind the mask and camouflage that we wear.
 - v) The freedom level
 - (1) This is the level where we share totally, completely, holding nothing back.
 - (2) We are not ashamed or afraid at this level.
 - (3) There is no fear of rejection.
 - (4) We are seeking for someone to know all about us and still love us.
 - (5) When husbands and wives or friends reach this level, they share a wonderful marriage or friendship.
- e) There can be no intimacy in a marriage without communication.
 - i) There can be no communication without trust.
 - ii) There can be no real trust without the Lord Jesus Christ.
- f) The supreme goal of marriage is to know one another intimately and still love and respect one another.
- g) In our society today, most people confuse intimacy with sexuality.

- i) Real sexual intimacy cannot have its fullest meaning or fullest expression without psychological, emotional and spiritual intimacy.
- h) If husband and wife do not learn how to communicate, the marriage will over time drift apart.

2) THE AWESOME POWER OF COMMUNICATION (1 Peter 2:21-23)

- a) Jesus Christ is our example.
 - i) When Jesus spoke, He spoke truth.
 - ii) His life was full of grace and truth.
 - iii) Jesus taught us that real communication comes out of the heart.
 - (1) Luke 6:45
 - (2) If you want to know what is in the heart, listen to the words.
 - (a) Harsh words: a harsh, angry heart.
 - (b) Negative words: a negative heart.
 - (c) Overactive words, talking all the time: an unsettled heart.
 - (d) Boastful words: an insecure heart.
 - (e) Filthy words: a dirty heart.
 - (f) Critical words: a bitter heart.
 - (g) Encouraging words: a happy heart.
 - (h) Gentle words: a loving heart.
 - (i) Truthful words: an honest heart.
- b) James 3:1-10
 - i) The tongue gives direction.
 - (1) If you do not like where your home is headed, remember that your words are to your marriage what a bit is in a horse's mouth.
 - (2) Just as you can steer a mighty ship through fierce winds with a little rudder, you can steer your home into a safe harbor by watching your words.
 - ii) The tongue brings destruction.
 - (1) Your tongue can be like a torch that sets aflame and burns down your home and happiness.
 - iii) The tongue brings pollution and defilement.
 - (1) It is possible to poison your marriage with your words.

3) PROBLEMS IN COMMUNICATION (1 Peter 3:1, 3:7)

- a) We lack communication skills.
 - i) We have never learned proper communication skills because we have not studied the Word of God.
 - ii) 1 Peter 3:1
 - (1) Peter tells the wives to follow Jesus' example.
 - (2) Women are to have a meek and quiet spirit, limiting conversation.
 - iii) 1 Peter 3:7
 - (1) Peter tells the husbands to follow Jesus' example.

- (2) Husbands are to wise up and live with their wives according to knowledge.
- iv) Men and women are designed differently.
 - (1) God created the man to be the protector and the provider.
 - (a) Men tend to be more aggressive, using predominantly the left side of the brain.
 - (b) The man tends to not express emotion as often.
 - (c) The man is built for achievement.
 - (2) God created the woman as the mother of all.
 - (a) God made the woman with an emotional nature.
 - (b) The woman uses both hemispheres of the brain at the same time.
- b) Self-centeredness
 - i) 1 Peter 2:24
 - (1) This is the ultimate mark of selflessness.
 - ii) The biggest problem in marriage is selfishness.
 - iii) Philippians 2:6-7
 - (1) We claim to have rights, but Jesus Christ laid down His life for the church, His bride.
 - iv) Self-centeredness is a hindrance to good communication.
 - v) Most of the problems between a husband and wife are not due to actual problems but egos.
 - (1) There are no problems too big to solve, just people too small to solve them.
 - (2) Oftentimes, we are so full of pride that rather than attack the problem, we attack one other.
 - (3) We need to focus on the problem rather than trying to prove who is right or wrong.
- c) Bitterness, unresolved problems and unforgiving spirits.
 - i) 1 Peter 2:22-23
 - (1) We must get rid of bitterness.
 - ii) The root of bitterness will defile your marriage.
 - iii) Hebrews 12:15
 - iv) When God forgives us, He buries our sins in the grave of His forgetfulness, never to bring them up again.
 - (1) We must also forgive.
 - v) The way to get rid of bitterness and prevent it from building up is to keep a short account.
 - (1) Ephesians 4:26-27
 - (2) Do not go to bed angry; get it settled before you go to sleep, otherwise, you will be giving place to the devil.
- d) The distractions of life
 - i) Our lives are often too busy.
 - ii) 1 Peter 2:25
 - (1) Nothing distracts the Lord Jesus from seeking His sheep.

- (2) Peter tells husbands and wives to do the same thing as the Lord Jesus.
 - iii) Make it your prime goal in marriage to communicate and to seek peace.
 - (1) 1 Peter 3:11
 - iv) One of the biggest problems that keeps us from communicating is television.
 - e) The differences of the temperaments
 - i) 1 Peter 3:7-8
 - ii) Husbands and wives must come together and agree, even though they are psychologically different.
 - f) Insecurity and fear
 - i) We are afraid to reach that freedom level of communication.
 - (1) We are afraid if someone truly knew us, then they would not love us anymore.
 - ii) 1 Peter 3:8
 - (1) Have the kind of love for your spouse where you can share anything without fear of being criticized or condemned.
 - iii) Husbands often do not like to pray with their wives because they do not like to show that level of vulnerability with their wives; but husbands ought to pray with their wives.
- 4) HOW TO PRACTICE PROPER COMMUNICATION (1 Peter 3:7)
- a) Husbands, learn to be more sensitive.
 - i) Listen to your wife.
 - ii) 1 Peter 3:7
 - b) Both husband and wife need to deal with self-centeredness.
 - i) If you encounter a problem in your home, it is because of ego and pride.
 - ii) Most marriages need two funerals and one wedding.
 - (1) Die to yourself.
 - (2) Take self off the throne and enthrone the Lord Jesus.
 - (a) 1 Peter 3:8
 - c) Be willing to overlook your partner's problems.
 - i) Neither partner is a perfect person.
 - d) If your husband or wife has a closed spirit, try to find out why.
 - i) 1 Peter 3:11
 - ii) Create some areas of commonality and put fun back into your marriage.
 - (1) Not only work at your marriage but play at it; keep on dating.
 - e) Make time for communication.
 - i) Plan on communication.
 - ii) 1 Peter 3:11
 - (1) To seek peace, you need to get out of the house.
 - (a) Go to a restaurant, go for a drive, etc.

5) CONCLUSION

- a) 1 Peter 2 tells of Jesus dying on the cross, the Just for the unjust, that He might bring us to God.
 - i) Jesus Christ took the initiative.
 - ii) We love Him because He first loved us.
- b) In our homes, we need to quit trying to change the other person and change ourselves instead.
 - i) The only way to change your partner is to give them something different to react to.
 - ii) If you change yourself, then they cannot be the same because you are not the same.
 - (1) They have to react to you differently because you're different.
- c) Wives and husbands need to practice 1 Peter 3:1-3, 7.
- d) There is a price to pay.
 - i) Jesus paid the price with His own blood.
 - ii) The result is that we love Him with all of our hearts.
- e) Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
- f) Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
 - i) Romans 3:23
 - ii) Romans 10:9-10
 - iii) Romans 10:13
 - iv) Acts 16:31
 - v) John 3:16