



Old Man New Man –Communication: Can You Hear Me Now?

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus.”

Philippians 2:3-5

As men we use our conversation to communicate clearly. Our communication gives clarity and gives us our space. Men communicate to say, “Don’t push me around or this is what I know and this is what I think period.” Ladies on the other hand communicate for other reasons such as feeling closeness and just being together. Women feel closer to their husbands in conversation and men can’t figure out why they just go on and on and on. After a while some men just tune their wives out and let them talk while they read the paper or watch television. This is a recipe for trouble in any marriage. In the area of communication there are definitely gender differences. We need the right tool for this job.

1. People who use CB Radios have a slang all their own to communicate. Let’s have fun figuring out a couple of these:
 - a. What’s 10-4? What’s 10-20?
 - b. Who/what is Smokey?
 - c. What’s a “City Kitty?” You may need help with this one so I placed the answer at the bottom. *
 - d. While driving, clear communication is vital. This is also the case for better relationships.
2. Pastor Labrador, Omar and Lisa listed seven communication killers that men often use. As you go over this list talk about what they mean and don’t be afraid of owning the one[s] that hinders your relationships.

Stone Walling	Distractions	Preoccupations
Assumptions	Disinterest	Timing
Treats or Ultimatums		

3. Thinking of both parties in an argument, what does nagging do or represent? How does it damage communication?
 - a. Name other poor communication breakers that you have either been guilty of or that you have experienced.
4. In this program the panel reviewed 6 ways to improve communication. Talk about what these mean, which ones you have you practiced and which would like to try with your spouse? By the way, these principles will work in most relationships.

Praise first Golden rule Learn together
Praise daily Talk respectfully
Make a list of the positives and share them with your spouse

5. Congruence during communication is a challenge for both men and women. Read 1 Peter 3:7 and Philippians 2:4. Then write down the ways you could apply the principles in communication.

Alright men, when it comes to communicating with the ladies it's done different than with the guys at work or on the ball field. If you're in a heated discussion with your wife and you need a breather to think or cool off then learn to communicate properly. If you go into the flight mode or "into the cave" which is mentally checking out, don't stay in the mental cave too long. Try to stay focused on the importance of your relationships and steer clear of threats and/or ultimatums.

Tool Box

1. Praise- By telling your spouse what you love about them first they will be more open to hearing the challenge and you too will remember why you love your spouse in the first place. Praise her daily and remember a little maintenance goes a long way.
2. Follow the Golden Rule taught by Jesus in Matthew 7:12 This rule teaches us to do to others what we would have them do to us. If you want to be treated a certain way, then treat her the same way. If you need some respect in the house then give some respect in the house.
3. Learn Together- Study your spouse and make your marriage job 1. This includes learning new things together where neither one is the authority on the issue. In this neutral plane connections remade. And finally, remember the non-verbals.
4. Non-verbals- don't forget that our words are only 7% of our communication, our body Language at 55% followed by our tone of voice at 38%.

Close today's session by praying and asking God for help in communicating with your loved ones in ways that will be more fulfilling and rewarding.

Visit www.oldmannewman.com for more information.

*City Kitty: City Police.