



DO NOTHING FROM SELFISH AMBITION OR CONCEIT, BUT IN HUMILITY COUNT OTHERS MORE SIGNIFICANT THAN YOURSELVES – PHILIPPIANS 2:3

Ephesians 5:33

However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

Philippians 2:1-11

So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, ² complete my joy by being of the same mind, having the same love, being in full accord and of one mind. ³ Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.

⁴ Let each of you look not only to his own interests, but also to the interests of others.

⁵ Have this mind among yourselves, which is yours in Christ Jesus, ⁶ who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷ but emptied himself, by taking the form of a servant, being born in the likeness of men.

⁸ And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. ⁹ Therefore God has highly exalted him and bestowed on him the name that is above every name, ¹⁰ so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Foundation for respecting and cherishing one another in communication:

- Excellent communication stems from a love-producing **humility**.

Ephesians 5:21

submitting to one another out of reverence for Christ.

Philippians 2:3-8

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests of others. ⁵ Have this mind among yourselves, which is yours in Christ Jesus, ⁶ who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷ but emptied himself, by taking the form of a servant, being born in the likeness of men. ⁸ And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

- Excellent communication is only possible with a deep realization of our own **depravity**.

James 1:19-20

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God.

Ephesians 5:33

However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

- Excellent communication is driven by a passion to **glorify** God rather than prove how I'm right.

Colossians 3:17

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

11 ways to respect and cherish one another in communication

- Be a student of one another's "wiring" and "raising."
- Use every available opportunity to build up your love bank account for a "Conflict Withdrawal."
- Develop the discipline of sharing more or less details depending on the needs of the other person.
- Be sensitive to timing. Communication is a two-way street. If your spouse is exhausted it may not be the best time to bare the depths of your soul.
- Actually listen to one another rather than formulating your response while the other person is speaking.
- Avoid having serious conversations through texting.
- Avoid universal statements: "You always..." or "You never..."
- Give them the benefit of the doubt. Think the best of them and ask questions to clarify any misunderstanding.
- Consider limiting your "Screen Time" if it is degrading your communication.
- Pray together every day: Prayer creates a built in "Grace Factor" that lessens conflict and speeds up reconciliation.
- Aim to respect and cherish one another on a deeper level the longer you're married.