**SERMON OUTLINE**

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| **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
	1. The number one problem in many marriages today is the failure of husbands and wives to adequately communicate.
	2. All of us, whether married or single, need to learn to communicate.
		1. Proverbs 18:21
	3. Our Lord Jesus Christ is our example in all things, especially in husband and wife relationships.
		1. 1 Peter 2:21-23
		2. 1 Peter 3:1
		3. 1 Peter 3:7
			1. The term “likewise” refers to Jesus.
			2. Jesus Christ is the pattern and the power for communication in marriage.
		4. Both wives and husbands are to follow in the steps of Jesus.
	4. There are five basic levels of communication.
		1. The frivolous level
			1. People talk about the weather, sports, clothes, etc.
			2. This is just banter.
		2. The factual level
			1. People report facts and discuss them, but there is no real personal involvement.
		3. The fellowship level
			1. Not only do we talk about facts, but we begin to express ideas, judgments and philosophy.
		4. 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.
		5. 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.
	5. There can be no intimacy in a marriage without communication.
		1. There can be no communication without trust.
		2. There can be no real trust without the Lord Jesus Christ.
	6. The supreme goal of marriage is to know one another intimately and still love and respect one another.
	7. In our society today, most people confuse intimacy with sexuality.
		1. Real sexual intimacy cannot have its fullest meaning or fullest expression without psychological, emotional and spiritual intimacy.
	8. 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)
	1. Jesus Christ is our example.
		1. When Jesus spoke, He spoke truth.
		2. His life was full of grace and truth.
		3. 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.
				1. Harsh words: a harsh, angry heart.
				2. Negative words: a negative heart.
				3. Overactive words, talking all the time: an unsettled heart.
				4. Boastful words: an insecure heart.
				5. Filthy words: a dirty heart.
				6. Critical words: a bitter heart.
				7. Encouraging words: a happy heart.
				8. Gentle words: a loving heart.
				9. Truthful words: an honest heart.
	2. James 3:1-10
		1. 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.
		2. The tongue brings destruction.
			1. Your tongue can be like a torch that sets aflame and burns down your home and happiness.
		3. 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)
	1. We lack communication skills.
		1. We have never learned proper communication skills because we have not studied the Word of God.
		2. 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.
		3. 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.
		4. Men and women are designed differently.
			1. God created the man to be the protector and the provider.
				1. Men tend to be more aggressive, using predominantly the left side of the brain.
				2. The man tends to not express emotion as often.
				3. The man is built for achievement.
			2. God created the woman as the mother of all.
				1. God made the woman with an emotional nature.
				2. The woman uses both hemispheres of the brain at the same time.
	2. Self-centeredness
		1. 1 Peter 2:24
			1. This is the ultimate mark of selflessness.
		2. The biggest problem in marriage is selfishness.
		3. Philippians 2:6-7
			1. We claim to have rights, but Jesus Christ laid down His life for the church, His bride.
		4. Self-centeredness is a hindrance to good communication.
		5. 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.
	3. Bitterness, unresolved problems and unforgiving spirits.
		1. 1 Peter 2:22-23
			1. We must get rid of bitterness.
		2. The root of bitterness will defile your marriage.
		3. Hebrews 12:15
		4. 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.
		5. 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.
	4. The distractions of life
		1. Our lives are often too busy.
		2. 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.
		3. Make it your prime goal in marriage to communicate and to seek peace.
			1. 1 Peter 3:11
		4. One of the biggest problems that keeps us from communicating is television.
	5. The differences of the temperaments
		1. 1 Peter 3:7-8
		2. Husbands and wives must come together and agree, even though they are psychologically different.
	6. Insecurity and fear
		1. 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.
		2. 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.
		3. 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)
	1. Husbands, learn to be more sensitive.
		1. Listen to your wife.
		2. 1 Peter 3:7
	2. Both husband and wife need to deal with self-centeredness.
		1. If you encounter a problem in your home, it is because of ego and pride.
		2. Most marriages need two funerals and one wedding.
			1. Die to yourself.
			2. Take self off the throne and enthrone the Lord Jesus.
				1. 1 Peter 3:8
	3. Be willing to overlook your partner’s problems.
		1. Neither partner is a perfect person.
	4. If your husband or wife has a closed spirit, try to find out why.
		1. 1 Peter 3:11
		2. 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.
	5. Make time for communication.
		1. Plan on communication.
		2. 1 Peter 3:11
			1. To seek peace, you need to get out of the house.
				1. Go to a restaurant, go for a drive, etc.
5. CONCLUSION
	1. 1 Peter 2 tells of Jesus dying on the cross, the Just for the unjust, that He might bring us to God.
		1. Jesus Christ took the initiative.
		2. We love Him because He first loved us.
	2. In our homes, we need to quit trying to change the other person and change ourselves instead.
		1. The only way to change your partner is to give them something different to react to.
		2. 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.
	3. Wives and husbands need to practice 1 Peter 3:1-3, 7.
	4. There is a price to pay.
		1. Jesus paid the price with His own blood.
		2. The result is that we love Him with all of our hearts.
	5. Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
	6. 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.
		1. Romans 3:23
		2. Romans 10:9-10
		3. Romans 10:13
		4. Acts 16:31
		5. John 3:16