



# Marriage Communication Workbook

*By Charmaine Ashby*



Marriage Communication Workbook

# Scripture-Based Marriage Communication Workbook

## How to Speak with Love and Grace in Your Marriage

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# Marriage Communication Workbook

## Monday: The Power of Words - Speaking Life into Your Marriage

Key Scripture: Proverbs 18:21 - "The tongue has the power of life and death."

Reflection Questions:

1. Think about a time when your words hurt your spouse. How did they react? What emotions did you notice in yourself and your spouse?
2. Recall a moment when you encouraged your spouse in a meaningful way. What specific words did you use? How did your spouse respond?

Example to Consider:

Imagine you said to your spouse, "You never listen to me." Think about how that would make them feel. Now, imagine saying, "I really appreciate it when you listen. It makes me feel valued." Notice the difference.

Practical Exercise:

Write down one life-giving phrase you will speak to your spouse today. Example: "I love how you always support our family." Reflect on how your spouse reacts.

Your Answer:

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## Tuesday: Listening with Patience and Understanding

Key Scripture: James 1:19 - "Be quick to listen, slow to speak, and slow to become angry."

Reflection Questions:

1. Think back to a disagreement where you interrupted your spouse. How did it impact the conversation? Did it escalate the conflict?
2. How can you practice listening to understand instead of listening to respond?

Example to Consider:

When your spouse says, "I feel overwhelmed," resist the urge to jump in with advice. Instead, ask, "What can I do to help?" This shows empathy and understanding.

Practical Exercise:

Set a timer for 5 minutes. Let your spouse share without interruption. Then summarize what you heard: "What I'm hearing you say is..." Ask if you got it right.

Your Answer:

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## Wednesday: Speaking with Grace and Gentleness

Key Scripture: Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt."

### Reflection Questions:

1. Think of a time when your tone of voice caused tension. What could you have done differently?
2. How can you adjust your tone to ensure your spouse feels safe and valued?

### Example to Consider:

Instead of saying, "Why are you always late?" try saying, "I feel worried when you are late. Can you let me know next time?" Notice how the tone changes the conversation.

### Practical Exercise:

During your next disagreement, pause and ask yourself, "What tone am I using right now?" After the conversation, ask your spouse, "How did my tone make you feel?" Reflect on their feedback.

### Your Answer:

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## Thursday: Handling Conflict Biblically

Key Scripture: Ephesians 4:26 - "Do not let the sun go down while you are still angry."

Reflection Questions:

1. How do you typically handle conflict with your spouse? Do you avoid it, escalate it, or address it calmly?
2. Think about an unresolved conflict. How can you address it in a way that honors both you and your spouse?

Example to Consider:

Instead of blaming, use "I" statements. For example, "I feel hurt when you..." instead of "You always..."

Practical Exercise:

Identify one unresolved issue and ask your spouse, "Can we talk about this?" Use the format: "Here's what I am feeling... How did you feel?"

Your Answer:

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## Friday: Building a Culture of Prayer and Scripture in Your Communication

Key Scripture: Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Reflection Questions:

1. Do you regularly pray for and with your spouse? How does it impact your relationship?
2. How can you invite God into your conversations more regularly?

Practical Exercise:

Before your next serious conversation, pause and pray together. Ask God to guide your words and give you wisdom and grace.

Your Answer:

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