



NJC FAMILY MONTHLY



NewsLetter

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Effective Communication for Couples: A Biblical and Ellen G. White Perspective

Effective communication is the heartbeat of every thriving relationship. For couples, it fosters understanding, builds trust, deepens intimacy, and resolves differences in love rather than strife. Yet, many relationships suffer because communication breaks down, leading to frustration, distance, and conflict.

God's Word and Ellen G. White's writings offer timeless guidance on cultivating a spirit of thoughtful, patient, and loving communication between couples.

Communication as an Expression of Love

The Bible teaches that communication must be rooted in love:

"Let all that you do be done in love." (1 Corinthians 16:14, ESV)

In marriage, words should reflect kindness and a sincere desire to understand and care for one another. Ellen G. White emphasizes this in *The Adventist Home*:

"Tender affection should ever be cherished between husband and wife. Let each give love rather than exact it." (*The Adventist Home*, p. 106)

When couples speak lovingly, even difficult conversations become opportunities for connection rather than conflict.

Listening: The First Step in Effective Communication

Scripture encourages us to listen attentively:

"Let every person be quick to hear, slow to speak, slow to anger." (James 1:19, ESV)

Ellen G. White echoes this principle:

"If pride and selfishness were laid aside, five minutes would remove most difficulties." (*Early Writings*, p. 119)

Attentive listening shows respect and genuine interest in one's spouse, helping to reduce misunderstandings and promote empathy.

Speaking Words that Build Up

The Bible reminds us that words have power:

"A gentle answer turns away wrath, but a harsh word stirs up anger." (Proverbs 15:1, NIV)

"Let your speech always be gracious, seasoned with salt." (Colossians 4:6, ESV)

Ellen G. White counsels couples to guard their speech carefully:

"Never should we utter one unkind word, for in so doing we wound the hearts of others and wound our own souls." (*The Adventist Home*, p. 437)

Couples should strive for speech that is kind, constructive, and affirming, even when addressing difficult topics.

Forgiveness and Understanding in Communication

Even with the best intentions, couples sometimes hurt each other with their words. The Bible calls us to forgive:

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:32, ESV)

Ellen G. White advises:

"Do not allow resentment to ripen into malice. Do not let the sun go down upon your wrath." (*The Adventist Home*, p. 439)

Quick forgiveness keeps communication open and prevents bitterness from taking root.

Inviting God into Every Conversation

Couples who pray together invite God into their communication:

"Two are better than one... For if they fall, one will lift his fellow." (Ecclesiastes 4:9-10, ESV)

Ellen G. White encourages spiritual unity:

"In every family, there should be a fixed time for morning and evening worship. How appropriate it is for husbands and wives to unite in prayer!" (*The Adventist Home*, p. 37)

When couples communicate prayerfully and seek divine guidance, their words can reflect wisdom, patience, and grace.

Effective communication is more than a skill; it is a spiritual practice anchored in love, patience, and forgiveness. The Bible and Ellen G. White remind us that our words and attitudes shape the emotional climate of our relationships. By listening with empathy, speaking with kindness, and forgiving readily, couples can build a marriage that survives and thrives.

May every couple be inspired to "speak the truth in love" (Ephesians 4:15) and reflect Christ in daily communication.