

# COUPLES' COMMUNICATION TOOLBOX



**QUESTIONS TO HELP COUPLES  
STRENGTHEN THEIR BOND**



## ThePureBed.com: Couples' Communication Toolbox

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## **About Us**

The Pure Bed™ is a venture of Bordenz Enterprises, a Marriage Company. Bordenz Enterprises has served the community of married couples since 2006. Our e-commerce reach covers the United States, U.S. military posts abroad, Australia, the Netherlands, and more. Our ministry arm and general marriage services spans the globe. We routinely interact with couples from Austria to Australia, England to Africa and beyond.

Our mission is to promote, celebrate and support sexual intimacy in the context of marriage. As a private company, we approach these ventures from a Christian worldview. We believe that God is the author of marriage and that he ordains sexual interaction between humans in the context of marriage. Marriage is the cultural and divinely recognized union of one man and one woman for one lifetime.

Our marriage events reinforce this message with a more in depth focus on applying scriptural principles to implement strategies which strengthen marital relationships. *CARE Principles* are four biblical principles that guide married couples in determining which activities and behaviors are consistent with God's will for a healthy, fulfilling and dynamic sex life.

*PDRC* (Principles for Dynamic Relationship Change) similarly is a set of practical steps with scriptural foundation that help a couple challenged by the demands of daily life to reprioritize the marriage relationship and to rediscover passion, purpose and intimacy within their relationship.

[The Pure Bed™](#) is our online store providing married couples products and other resources to enhance sexual intimacy and romance. ThePureBed.com distinguishes itself since January 2007 by providing a variety of products in a pornography-free environment. And our commitment to serving our customers is second to none.

The Pure Bed has been featured on National Public Radio, in several articles including CNBC's blog, and on Canada's Vision TV *Sex+Religion* documentary special.

We are a unique resource for married couples and are rewarded each year with a loyal and growing customer base. Your marriage deserves to be supported in ways that are consistent with your faith, convictions and values. We are honored to be able to provide some measure of that support.

**ThePureBed.com: Couples' Communication Toolbox**

## Introduction

Marriage can be a wonderful experience. And though there are many threats to a marriage's success, there are just a few foundational pieces which promote lifelong healthy marriages. Among these are strong communication skills.

Someone once said to us that *communication is an art...and few of us are artists*. Truly, communication doesn't have to be a complicated component of our marital experience. The truth of the matter is that, while communication is an obstacle for many of us, the issue is may not be that we don't communicate. *Rather, the issue can be that we do not communicate clearly*. We hear without listening. We react without responding. We are victims to style differences, biases and misinterpretations.

In this frantic and noisy world, words are hurled over walls with imprecision. Assumptions come easier than discovery. And before an earnest effort has been made to recognize, resolve or recover from our conflicts, passive aggressive behavior and/or antipathy become the environments in which our marital relationships exist.

What if we had an opportunity to share our hearts with one another concisely, completely and safely? What if we could say what we need to say and be heard? What if we could have an opportunity to listen beyond the words to discern intent...to hear the root cause of our conflicts?

The following is a compilation of aids used during the Choices Marriage Event to facilitate a discussion between a husband and wife. We are not foolish enough to believe that this set of tools is a cure-all. Communication is discovery and intimacy. It is a process more so than an event. It is verbal and non-verbal, apparent and slight. It is a means by which healing and resolution can begin. Communication is the journey to understanding.

## CCT Guidelines

To be of the greatest assistance, each question and/or evaluation must be responded to with honesty and each section completed fully. Additionally, the following guidelines should be observed.

1. It is best for each spouse to record their responses separately from the other. This means you should record your responses in separate rooms and/or at separate times. DO NOT ask your spouse what they think your answer should be.
2. Each spouse should record responses that reflect their view and NOT what they expect the other will want to hear. Viewing this as an opportunity to draw closer and invigorate your marriage is important to the process. Dialog works best when we are transparent and expose our genuine thoughts and desires sincerely and clearly.
3. At NO point in the exercises should you challenge one another's responses. You may ask clarifying questions. However, it is of utmost importance to affirm to one another that you are receiving the responses and look forward to implementing behavioral change where needed or appropriate. Keep in mind that even when you believe someone's perceptions are somehow „wrong“, knowing what and how they view a situation gives insights into what you may do differently to get them to „perceive“ differently.
4. Lastly, but most importantly, agree that judgment will be suspended for these exercises! You may learn something about one another's desires, needs or expectations that appears somewhat uncharacteristic of your spouse. **Each of you should expect such responses!** Mature couples learn how to process information, understand what is truly being requested or expected and work through how to respond to and support one another within the boundaries of one another's values. Let this be you!

Some discussions are more easily had than others, even after years of marriage. These aids are not meant to replace open and free dialog but rather to facilitate such dialog. Our hope is that these surveys will be a springboard from which deeper and more meaningful discussions may occur.



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Please avoid completing these exercises when:

- Experiencing emotional extremes (positive or negative)
- Experiencing extreme physical discomfort (hunger, pain, fatigue, sleepiness)
- Experiencing significant distractions (people, environment, etc.)

Additionally, remember that soft words can diffuse the negative emotions brought about by difficult conversations. Be transparent about your feelings, desires and outlooks. However, avoid using inflammatory language that will only serve to stop forward progress or resolution.

Be wise.

## Practice Active Listening

There are studies that show that the average person only retains 25-50% of what they hear. The issue is that the portion that is lost may, often enough, be fairly important and may result in misunderstanding, misinterpretation and misdirection.

What can we do to make sure that we are „dialed in“ when our mates or others are speaking? After all, communication means nothing if we are not truly listening to one another. The added barrier in marriage is that we too often believe we can correctly assume what the other intends to say.

Active listening is a conscious effort to both hear and understand what is being said. Active listening is important because it not only demonstrates we are hearing what is said but it helps us to secure immediate understanding. In all of our getting...we should always strive to get an understanding!

Here are four tips for practicing active listening:

1. Remain mentally engaged. Have you ever wandered mentally while your mate was speaking? Were you brought back by a question or comment for which you had no response because you'd lost the context of the discussion? Practice reigning in your thoughts during conversations with your spouse. If you can't mentally commit to a discussion (for valid reasons), let them know.
2. Remain physically engaged. Making eye contact, physical gestures such as nods and verbal cues that you are engaged are important because they help your mind stay engaged and are a cue to your mate that you are engaged. Many conversations between spouses go off the rails when one perceives they are being ignored or dismissed by the other.
3. Repeat what you hear in other words. Occasionally ask your spouse if you might repeat what you've heard in your own words to assure proper understanding. My wife says to me „Turn left.“ I say „Left?“ She says „Uh, right...“ She meant „I was wrong. You should turn right.“ I should have repeated.
4. Repeat agreements. If you've agreed on a solution, action or any point, reiterate them.

Active listening is actually just good old fashion listening!



## **A Communication Aid: Who Am I...Now?**

Have you ever come to a point in your marriage where you wonder if you really „get“ your spouse or whether they „get“ you? Do you have the feeling that either of you may have changed dramatically since the inception of the relationship or that you don't understand one another's motivations or struggles as well as you'd like??

This survey will allow you to rediscover one another. As with the other OIC surveys, honest answers by both spouses with suspended judgment will make the exercise more beneficial. *Your interpretation of a question is the RIGHT interpretation.* These are guides for you!

Complete and share. Rather than trying to complete the form in one sitting, answer throughout a day and/or over a few days to make sure you've provided responses that are truly representative of **YOU**. Your spouse will be aided more by your prayerful and careful thoughtfulness.

### **Who Am I?**

My favorite color:

My favorite season of year:

My favorite holiday:

My favorite time of day:

My best memory of my childhood is (*write enough to be able to recount a fuller story when you share with your mate.*)

A great value I learned from my parent(s) is

I'm most like my father in the following way(s):

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I'm most like my mother in the following way(s):

The things that I like to do most are

The things I like to do least are

My greatest strength is

My greatest weakness is

A very good habit I have is

My worst habit is

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If our family was stranded on an uninhabited island, I would want us to have the following (3) possessions (non-electric):

My faith in God is strongest when

I believe my faith is currently

The importance of attending weekly worship services for me is

The importance of reading/studying the Bible is

What I feel I need most in my life at this moment is

My greatest hope for my future is

My greatest fear about my future is

I am most inspired in my life by

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I am most frustrated in my life by

If I died today, I believe that my life would have been lived well.

True:

False:

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### Personal Evaluation

(1) goal I have for my personal future is

Something I'd like to change about myself is

Something that continually worries me is

My greatest regret is

My greatest accomplishment is

As a child, I dreamed of

The child version of me would look at the adult version and think

As compared to my parent (*of the same gender*), I am

An event that really influenced my life is when

The thing that re-energizes me most is when I



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I am a strong person. (*Check all that apply.*)

Spiritually

Emotionally

Mentally

On a scale of 1 to 10 with 10 being "Strongest Quality" and 1 being "Greatly Lacking in This Quality", please evaluate yourself in the following areas (overall):

**Quality**

**Give a Score (1 to 10)**

Reliability

Trustworthiness

Approachableness

Patience

Creativity

Friendliness

Romance Giving

Selflessness

Sexiness

Listening

Availability

Faith

Religion

Compassion

Intelligence

Organization

Flexibility

Hopefulness Self Esteem

Complete the statements.

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I love

I believe

I hope

I need

I want

I am

I can

I will

Review your answers before sharing with your spouse.

Intimacy is not just a dimension of sexuality. It is closeness throughout the relationship. These answers make us transparent to our spouse and are an appeal for developing a closer (more intimate) connection.

## A Communication Aid: Situation Appraisal

It is difficult to resolve issues in a marriage when either spouse's perceptions and/or perspectives of them are **unclear** or **unknown**. By revealing how we feel and what we perceive, our spouse who practices active listening may be able to better understand us and respond more effectively.

Write your answers on the lines provided. Share with your spouse at a time and place of minimal distraction. This works best when both spouses have completed the survey and are prepared to share all of their responses.

1. I feel you show me your love by
2. I feel closest to you when
3. I feel supported when you
4. I feel we are at our best when
5. I feel it is harder to see your love when you

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6. I feel furthest from you when
7. I feel unsupported when you
8. I feel we are at our worst when
9. I feel you meet the following needs in my life:
10. I feel we work well together in the following areas:
11. I feel the strongest aspect of our marriage is
12. I would like your help in fulfilling the following (1) need:
13. I feel we could work together better in the following (1) area:
14. I feel we can strengthen this (1) aspect of our marriage:

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15. A great moment or experience we have had together recently is

16. I need you most when

17. I am happiest in our marriage when

18. I appreciate you most when

19. I desire you most when

20. I married you because

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21. Something I would like to say to you that I have not is

22. I would like you to forgive me for

23. Something I struggle to change about myself is

24. One thing I would like us to do together is

After you've both shared your responses with the other, exchange the completed survey. Each of you should keep the others. Look it over. Ask for clarification where necessary. Ask questions like *What did you mean by...*, *What examples can you provide me to help me better understand...*

DO NOT debate. DO NOT argue. DO NOT defend. Accept for the moment that your spouse's perceptions are their reality.

There are (2) questions you should ask YOURSELF that will make the difference in whether this exercise benefits your marriage:

**“Am I willing to help change my husband's/wife's perception(s)?” “Am I willing to have MY perception(s) changed?”**

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We can only control what we do in a relationship. Improving ourselves is always a worthy effort and may be our most powerful influence to motivate our mates to likewise contribute to the strengthening of the marital relationship.

1. Talk about how you are going to work on things that need work. What are you personally going to do? When? How?
2. Acknowledge when you see the change or effort to which your spouse may have committed. What positive change are you seeing from them? How does it make you feel? Encourage and affirm one another often.
3. Be accountable. When you observe that you haven't been diligent about doing what you" ve agreed to do, confess that to your spouse and then immediately begin to do the work to which you" ve committed.
4. Review this form occasionally to ensure you are responding to your spouse. Ask some or all of the questions again. Mark a date (between 2 and three months from this initial sharing) and review these answers. What has changed? Why?

If you dare to strengthen your marriage, ask these questions periodically and dare to add your own! This tool is meant to spur your communication so that you can grow your relationship.

## **A Communication Aid: My Views About Money**

Would you like to get a better handle on your household finances? Do you have a larger goal of developing a vision for how to manage finances in both the short and long term of your marriage? Are you just looking to understand one another's perspective of money management?

This survey will allow you to uncover one another's thoughts on money management. As with the other OIC surveys, honest answers by both spouses with suspended judgment will make the exercise more beneficial. *Your interpretation of a question is the RIGHT interpretation.* These are guides for you!

Complete and share. Rather than trying to complete the form in one sitting, answer throughout a day and/or over a few days to make sure you've provided responses that are truly representative of **YOU**. Your spouse will be aided more by your prayerful and careful thoughtfulness.

### **Influences for How I Manage Finances**

Were your parents (guardians) strong financial role models?

Which parent (guardian) was the primary money manager?

As a child, which word best describes your family's spending habits?

Which word best describes your childhood household's income level?

Was your parents' (guardians' ) financial management style the primary influence for how you think about money management? Why or why not?

A great value I learned from my parent(s) about money is

I've read the following books that influenced my thinking about money management:



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The financial “guru”(s) that most influence my thinking about money management is (are):

One substantial financial mistake I’ve made in the past is

The most important thing I learned from my biggest financial mistake is

### **My Current Money Management Outlook**

Our household’s two biggest debts are

Our household’s two biggest assets are

My personal spending habits are

A very good spending habit I have is

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My worst spending habit is

My commitment to savings is

My commitment to our budget is

When it comes to personal financial responsibility, I am

### **My Thoughts About Enhancing Our Money Management Outlook**

Our level of debt is

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I believe the top short-term priority for our household finances is

I believe the top long-term priority for our household finances is...

My role in managing the household finances is

My role in managing the household finances should be

The biggest threat to our financial security is

My greatest hope for our financial future is

My greatest fear about our financial future is

(1) goal I have for our financial future is

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Something I'd like to change about how we manage money is

Something that continually worries me about our finances is

I feel that a necessary sacrifice to enhance our financial position is

I am willing to make the following personal sacrifice(s) to improve our financial position:

I feel the effect of our financial situation on our marriage is

I feel that there are resources we should explore to help us enhance our financial situation such as

I feel the word that best describes my view of our financial future is

Review your answers before sharing with your spouse.

Finances are one of the leading causes of marital discord. Reconciling your views about

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money management and creating a shared vision for your financial future is a wise choice for the durability of your relationship and the success of your home!

## **A Communication Aid: Communicating Boundaries**

This will help you to establish boundaries and opportunities during intimacy.

In an otherwise healthy marriage, (2) sets of drivers influence us to reject specific sexual acts or behaviors: faith/morality and interest/desire. Understanding how these drivers influence your spouse will help you respond and adapt sexually.

Record your responses. Complete in a room other than the bedroom, without distractions. Make sure your responses are honest. Each of you should complete the survey separately and answers compared only after both have been completed.

*Write the appropriate letter regarding each stated sexual act.*

- A.) Allowed by my faith/morals and am interested/desire it.
- B.) Prohibited by my faith/moral values.
- C.) Allowed by my faith/morals but I DO NOT desire it.
- D.) I don't know.

- |   |   |
|---|---|
| 1. Oral Sex   | 15. Role Play   |
| 2. Anal Sex   | 16. Costumes  |
| 3. „Dirty“ Talk                                     | 17. Phone Sex   |
| 4. Light Spanking                                   | 18. Writing Stories<br><i>(exclusively about each other)</i>                        |
| 5. Recording Our Sex                                | 19. Sharing Fantasies<br><i>(exclusively involving each other)</i>                  |
| 6. Taking Pictures (naked)                          | 20. Using Enhancements<br><i>(edible body toppings, pheromone<br/>creams, etc.)</i> |
| 7. Using Vibrators, Bullets, Eggs                   |   |
| 8. Using Dildo                                      |   |
| 9. Using Penis Ring                                 |   |
| 10. Using Masturbators (male sex aids)              |   |
| 11. Forms of Anal Play (Beads, Licking, etc.)       |   |
| 12. Light Bondage (binding hands or feet, mask)     |   |
| 13. Sexy Lingerie (crotchless panties, shear, etc.) |   |
| 14. Prostate Massage                                |   |

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Once you come together to compare responses, feel free to ask clarifying questions and discuss your answers. Keep in mind that each of you should hold the other's preferences in high regard as well as look to please each other selflessly.

Do not *guilt* the other into doing something they are not willing to do. Intimacy is promoted by works of love and devotion, *not by guilty reactions*.

## **A Communication Aid: Basic Foreplay Preferences**

Print out and complete the below survey with your spouse. This will help you to clarify general preferences and opportunities for foreplay.

This should be completed in a room other than the bedroom., without distractions, and honesty for it to have value. It should be completed separately by each spouse and answers compared when both surveys have been completed.

*Write the appropriate letter response on the line provided.*

- A.) Always
- B.) Sometimes, not all of the time
- C.) On occasion, ask first
- D.) Never

### **Anal Play**

*(Note: Anything placed in the rectum must be thoroughly cleaned before ANY further use on other parts of the body. Please educate yourselves about the risks of anal play before deciding to practice it.)*

1. You can insert your finger into my rectum.
2. You can insert a toy into my rectum.

### **Vaginal Play**

Wife must respond as to what she does or does not desire. Husband is responding based on what he'd like to do to wife.

1. Tongue into vagina
2. Toy into vagina
3. Finger(s) into vagina
4. Fist into vagina
5. Clitoral Stimulation

### **Breast Play**

Wife must respond as to what she does or does not desire. Husband is responding based on what he'd like to do to wife.

1. Suck nipples



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2. Pinch or squeeze nipples
3. Kiss or lick breast
4. Hold breast during intercourse

### Penile Play

Husband must respond as to what he does or does not desire. Wife is responding based on what she'd like to do to Husband.

1. Handjob
2. Oral Sex
3. Sucking/Licking Testicles

### Other Play

More routine foreplay activities.

1. Role Play
2. Kissing
3. Caressing
4. Talking
5. Groping

## A Communication Aid: Intimate Preferences

The questionnaire below can be filled out and shared with your spouse on an evening away. You can also fill out the answers, trade sheets, and spend the next few weeks surprising each other. The key is to get one another communicating about preferences. Some of us find simple things hard to reveal.

Some questions use the code at the top of each section, some questions are fill in the blank, some leave you a place to check your choice and some give you a place to write a more complete response. Remember the more open and secure we can be with each other, the stronger our relationship and the better the sex.

### Passion

(Insert: **L**= like, **WL**= would like, **DNL**= do not like, **SL**= sometimes like) and/or (✓) appropriate options.

- I to share my fantasies with my partner
- I to have sex daily, 2x week, 3x week, 1x week, never stop
- I being ravished
- I sex in the morning, afternoon, evening best
- I to find my partner naked ready for sex
- I need to have more sex yes, no
- I need less sex than my spouse often, sometimes, never
- When my spouse rubs, massages my , I want sex instantly
- My partner's satisfaction is just as important as mine always, sometimes, never
- I am turned on when my spouse tells me they love me by
- I have a lot of fantasies yes no
- I feel comfortable sharing my fantasies with my spouse yes, no

### Foreplay

(Insert: **L**= like, **WL**= would like, **DNL**= do not like, **SL**= sometimes like)

- I it really slow and erotic with lots of touching
- I to give my spouse massages
- I to shower with my spouse
- I to see my spouse partially clothed
- I my nipples pinched massaged squeezed
- I to watch my spouse masturbate
- I to masturbate while my spouse watches
- I to mutually masturbate with my spouse
- I when my spouse offers themselves to me

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### Clothes

(Insert: **L**= like, **WL**= would like, **DNL**= do not like, **SL**= sometimes like)

- I it when my partner tells me they are not wearing underwear
- I my partner to wear something I can tear off them
- I my partner to dress scantily
- I to see my spouse in a thong
- I exposing parts of my body to attract attention
- I my spouse to wear a skirt with crotch less panties / hose

### Positions

(Insert: **L**= like, **WL**= would like, **DNL**= do not like, **SL**= sometimes like)

- I the missionary position
- I to be on the bottom
- I the 69 position
- I the woman on top facing away
- I to be on top
- I it Doggy style
- I side by side

### Places

(Insert: **L**= like, **WL**= would like, **DNL**= do not like, **SL**= sometimes like)

- I sex in the shower
- I sex on the dining room table
- I sex on the kitchen counter
- I sex in an office
- I sex in the living room
- I sex in cars or vans
- I sex outdoors
- I sex in the pool
- I sex in the hot tube

### Talk

(Insert: **L**= like, **WL**= would like, **DNL**= do not like, **SL**= sometimes like) and/or (✓) appropriate options.

- I my spouse to make noise during sex
- I talking provocatively to my spouse
- I to make my spouse yell out with passion during sex
- I it when my spouse uses short phrases like YES, Faster, Harder, repeatedly I it when my spouse tells me to them now

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I orgasm stronger and faster when my spouse talks to me	yes	no
I am turned off when my spouse talks to me	yes	no
I am turned on when my spouse talks to me	yes	no
I am turned off when my spouse uses clinical terms during sex like penis or vagina	yes	no

### Acts

(Insert: **L**= like, **WL**= would like, **DNL**= do not like, **SL**= sometimes like)

- I to finger my spouse to orgasm
- I to be fingered to orgasm
- I giving oral sex
- I receiving oral sex
- I my spouse to stimulate my genitals with their hands
- I my spouse to perform oral sex without my asking

### Other

(Insert: **L**= like, **WL**= would like, **DNL**= do not like, **SL**= sometimes like)

I can't stand it when the dog or cat is watching us have sex    yes,    no

My favorite thing you wear to tell me you want sex is

My favorite food to play with during sex is

I like sex best when we

The best time we had sex was

## A Communication Aid: Erotic Language

Place a check mark next to the term(s) you **would** find offensive during sex.

P\*ssy

D\*ck

C\*nt

C\*ck

\*ss

B\*tch

Wh\*re

F\*ck

Sh\*t

Cum or Come

Other

Other

Other

Other          Other

- Talk about why you find certain terms offensive.
- What do you feel when you hear offensive terms?
- What personal value or faith value makes a particular term unacceptable to you?
- Of those you find offensive, what terms or phrases would you use instead?

## A Communication Aid: Couples' Romance Survey

Romance can be very subjective. For our purposes, we are considering three dimensions of romance. Our survey views...

1. Romance as intentional and intimate emotional attachment between a man and a woman. (Communicated Emotions)
2. Romance as a series of endearing events distinguishing the relationship between a man and a woman from others in their lives. (Memorable Events)
3. Romance as unfamiliar or uncommon adventures which promote excitement and attraction between a man and a woman. (Adventurous Explorations)

It is in this context that the following questions are asked.

### What I think of as romantic...

Check all that apply. *Romance to me is...*

#### Emotions

Sharing Affectionate Words

Flirting

Hugs

Kisses

Humor

Casual Conversation

Spending Quiet Time with You

Cuddling Love Notes (Letters, Texting, Emails)

Massages

Other (Explain.

#### Events

Opening A Door for Me Giving Flowers or Gifts (Special Occasions)

Giving Flowers or Gifts (No Special Occasions)

Gardening Together

Other Home Improvement Projects

Anniversary Celebrations

Attending Concerts

Taking a Leisurely Drive Along a Scenic Route

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Public Displays of Affection      Candlelit Dinner at Home      Foreplay      Eating  
Dinner Out      Seeing a Play Together      Going to a Movie

Serving Me Breakfast in Bed      Helping Me with a Chore      Sex

Other (Explain.

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### Explorations

A Walk (Park, Beach, Neighborhood, etc.)                      A Weekend Trip (Hotel, B&B)

An Exotic Trip                      Bike Riding                      A Professional Photo Session for Us

Participating in Our Church's Ministries Together

Reading a Book Together                      Reading the Bible Together

Focusing on a Particular Shared Desire and Praying Together

Sharing Our Dreams for Our (Couple's and/or Family's) Future

Taking Leisurely Bubble Bath Together

Attending a Marriage Enrichment Event

Taking a Class Together (Dance, Instrument, Golf, Scuba, Cooking, etc.)

Starting a Small Business Together

Shopping Together (Lingerie, Intimate Apparel)

Shopping Together (Marital Aids)

Shopping Together (Clothes, Groceries, etc.)

Attending a Sporting Event Together

Doing an Outdoor Activity Together (Camping, Hiking, Boating, Etc.)

Doing Community Work Together

Working On a Political Campaign with You

Other (Explain.

Other (Explain.



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### A Romantic Memory

Describe one of the most romantic times you've had with your spouse. Describe for your spouse what sights, sounds, scents and emotions you remember experiencing.

*One of my most romantic memories of us is...*

Share the results of this survey and discuss how each of you might enhance romance in your marriage by introducing new behaviors and practices from each of the three areas above.

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At minimum, you each will be able to recognize what inspires romance in your partner and build on that knowledge in your daily relationship. Each of you should look for how your mate is responding to your need for romance.

Acknowledge their efforts and encourage them with great affection and affirmations of your love.

## **Notable Quotes Concerning Communications**

"A soft answer turneth away wrath: but grievous words stir up anger."-**Proverbs 15:1 of Holy Bible (KJV)**

"Say what you mean and mean what you say."- **General George S. Patton**

"Among men and women, those in love do not always announce themselves with declarations and vows. But they are the ones who weep when you're gone. Who miss you every single night, especially when the sky is so deep and beautiful, and the ground so very cold."- **Alice Hoffman**

"One of the best rules in conversation is, never to say a thing which any of the company can reasonably wish had been left unsaid."- **Jonathan Swift**

"Our lives begin to end the day we become silent about things that matter."-**Dr. Martin Luther King, Jr.**

"Speak when you are angry and you will make the best speech you will ever regret."- **Ambrose Bierce**

"That which we are capable of feeling, we are capable of saying."-**Cervantes**

"Pleasant words are as an honeycomb, sweet to the soul, and health to the bones."- **Proverbs 16:24 of Holy Bible (KJV)**

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love."-**Washington Irving**

"The single biggest problem in communication is the illusion that it has taken place."-**George Bernard Shaw**

"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."-**Ephesians 4:29 of Holy Bible (KJV)**

"If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."-**James 1:26 of Holy Bible (KJV)**

## **A Communication Aid: Prayers to Share**

What better tool to assist you in strengthening communication and your marriage overall than prayer? It is the facility that God has established to seek His divine help...which is the greatest help of all!

These two prayers can be recited by couples together in their private devotional time. Likewise, a couple can agree to pray at agreed upon times during the day and share an intimate spiritual experience even when separated by distance.

### **A Prayer for Our Marriage**

*(Pray this together.)*

Father, we thank You for Your great love toward us. Your loving care is the model for our marriage. We recognize how giving and forgiving You are as we work to emulate that in our home.

Lord, we confess that we are not always successful in modeling Your goodness when dealing with one another. We ask for and accept Your forgiveness where we fail. We commit to having our faith increased in this area and to look for opportunities to demonstrate love toward each other as a married couple. We thank You for the gift we have in one another. We pray You give us greater patience and grace that we might continue to selflessly serve one another, uplift one another and enjoy one another. Daily refresh the love we share for one another and gently remind us of what gifts we are to each other.

Please help us to know how to write our sorrows in sand and our victories in stone. Teach us how to grow together. Teach us how to love one another selflessly. Help us to live so that our lives and home are filled with Your peace, joy and love.

Thank You, Lord, for all that You are to us. Thank You for what You do for us. We want our marriage to mirror the relationship between Christ and the church. We want to live our lives so that You get the glory. Inspired by Your unconditional love for us, we desire the love we share to be selfless and sincere. Please be our source, strength and guide.

We offer this prayer by the authority granted us through Jesus Christ, our Savior, our Lord. Amen.

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### A Prayer for Our Sex Life

*(Pray this together.)*

Father, we thank You for Your great love toward us. Your loving care is the model for our marriage. We recognize how giving and forgiving You are as we work to emulate that in our home. We honor and adore You.

Father, we confess that our sexual choices may not have always been pleasing to You. For acts and attitudes that have offended You, we ask for and accept Your forgiveness. We thank You for Your grace in our lives and the power You grant us to maintain a marriage that is pleasing to You. We commit to having our faith increased in these areas and to better inform our choices presently and in the future. We pray Your guidance in keeping our marriage bed pure.

As we are finding spiritual intimacy with You, dear Lord, we desire to pursue greater intimacy with one another in all aspects of our marriage. We accept that sexual intimacy is a gift from You to our marriage. We want to make the best use of that gift as we look to serve one another selflessly, skillfully and regularly. We want our bodies to be instruments of pleasure for each other's enjoyment. We desire our sexual union to be whole and pure. We desire to experience the intimacy that sex can bring to us. We desire to experience the purpose for which You designed sex. Guide us, please Lord, as we pursue oneness with one another and with You, our God. Move on our hearts to refresh love and desire for one another and for You, our God.

Thank You, Lord, for all that You are to us. Thank You for what You do for us. We want to live our lives so that You receive the glory. Be our strength and guide.

We offer this prayer by the authority granted us through Jesus Christ, our Savior. Amen

Thank you for supporting ThePureBed.com

Please come again soon!

