Conference Table Directions

1. Find a quiet place to talk in your home, preferably with a table. Make it a place you do not typically use. Have Ephesians 4:25-32 and the four rules of communication written out and posted conspicuously so they are easy to see while you are having your conference.
2. Husbands, Read Ephesians 4:25-32 out loud before you begin. Then read the four rules of communication; then lead in prayer.
3. Wives, record the problem you discuss and your biblical solution.
4. You must talk for more than 15 minutes but not over 30 minutes.
5. If your spouse breaks any rule of communication (anger, lying, rolling the eyes, bad tones, etc.), raise your hand, but do not speak. If your spouse raises their hand, it means you have violated a rule of communication. Do not try to deny it or justify yourself! Believe them! When your spouse raises their hand, you must figure out how you communicated sinfully. After a

reasonable period of time. If you cannot figure it out, they can tell you, but it is better if you figure it out yourself!

1. Once you realize how you sinfully communicated, confess your sin to your spouse and ask them specifically to forgive you. Once they have forgiven you, resume the discussion.
2. Use this as an opportunity to concentrate on resolving a problem rather than fighting, and learning how you communicate sinfully. You may discover that you were sinning against your spouse in ways you were blind to!
3. When you are finished, husbands, lead in prayer. Thank God for what you each discovered about how you communicate and thank God for any problems you resolved.
4. If your problem wasn't resolved in 30 minutes, end the session and resume discussion about this problem at the next conference table. Practice "putting off' sinful communication and "putting on" biblical communication.
5. Assignment: Do at least 2 conference tables this week. Record your results.