

# FamilyLife Blended® Radio Transcript

*References to conferences, resources, or other special promotions may be obsolete.*

## Listen With the Intent to Understand (day 2 of 5)

Air Date: October 20, 2022

---

**Ron:** We all know that high cholesterol is bad for you, right? Well, here is another tip for reducing the cholesterol in your marital heart. Be a really good listener.

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** Listening is one of the most important and, honestly, one of the most difficult skills of marriage. What's hard, I think, is listening beneath your spouse's words to how they feel and what the statement really means to them. All while not making assumptions or listening through a filter of what it means to you. Good listeners work really hard at understanding their spouse.

Hey, listening is costly. Everyone has something to say but really good lovers discipline themselves to listen instead. Do you want a healthy blended marriage? Listening will help you love large with your whole heart, cholesterol free. For FamilyLife Blended I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended® with Ron Deal* is a production of FamilyLife.

We are so happy to provide these transcripts to you. However, there is a cost to produce them for our website. If you've benefited from the broadcast transcripts, would you consider donating today to help defray the costs?

Visit <http://www.familylifeblended.com/donate>.

Copyright © 2022 FamilyLife®. All rights reserved.

[www.FamilyLife.com](http://www.FamilyLife.com)