

# Song of Solomon: The Book of Romance and Intimacy Study Guide

## Topics covered in this Study Guide:

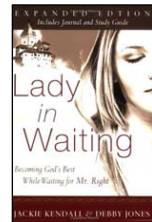
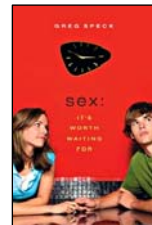
1. What should I look for in a mate?
2. What should I teach my children about dating?
3. How and when do I know if I am ready for marriage?
4. Why wait for intimacy until marriage?
5. How do you encourage your children to wait?
6. What are the keys to a successful marriage?
7. How do I handle conflict when it comes up in my relationship?
8. How to enhance your marriage through romance and intimacy?
9. How can we ensure that our marriage will not just survive, but thrive?

Note: Scripture is from the New King James Version (NKJV) © 1982 by Thomas Nelson, Inc.

## Books and Materials for Further Study:

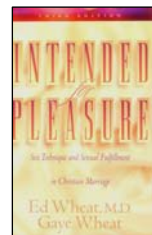
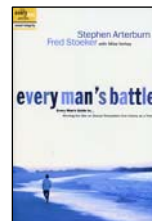
### 1. Talking to Your Preteen and Teens about Intimacy, Romance, and Dating

- Sex: It's Worth Waiting For* by Greg Speck
- Preparing Your Daughter for Every Woman's Battle: Creative Conversations about Sexual and Emotional Integrity (The Every Man Series)* by Shannon Ethridge & Stephen Arterburn
- Preparing Your Son for Every Man's Battle: Honest Conversations About Sexual Integrity (The Every Man Series)* by Stephen Arterburn, Fred Stoeker, and Mike Yorkey
- Lady in Waiting* by Debby Jones & Jackie Kendall
- I Kissed Dating Goodbye* by Josh Harris
- Too Close, Too Soon* by Jim Tulley & Bobbie Reed



### 2. Improving Your Intimate Life in Marriage

- Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time (The Every Man Series)* by S. Arterburn, F. Stoeker, and M. Yorkey
- The Act of Marriage* by Dr. Tim LaHaye & Beverly LaHaye
- The Act of Marriage After 40*, by LaHaye & Yorkey
- Intimate Issues: 21 Questions Christian Women Ask About Sex* by Linda Dillow & Lorraine Pintus
- Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage* by Ed Wheat & Gaye Wheat



### 3. Bible Study on Song of Solomon

- Song of Solomon* by Tommy Nelson
- Song of Solomon: Youth Study Edition* by Tommy Nelson

## Song of Solomon • Chapter 1 “Romancing for Life”

### How does God through Solomon teach us to romance for life?

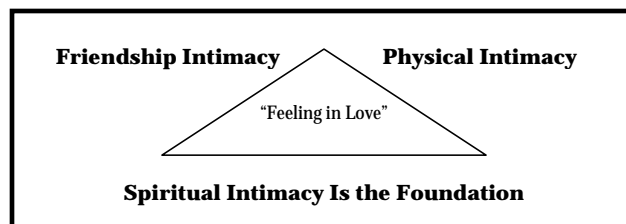
#### 1. The Book’s Structure Shows the Secrets of Romancing for Life

It is written in a **chiasm**, which is a Hebrew poetry technique that rhymes ideas for emphasis. The chapters “rhyme” and parallel to point the reader to the central themes of the book.

- A. Home: Beginning of romance (Chapter 1)
- B. Developing love while dating (Chapter 2)
- C. Dream: Taking each other for granted in dating (Chapter 3)
- D. Wedding night (Chapter 4)
- C. Dream: Taking each other for granted in marriage (Chapter 5)
- B. Developing love in marriage (Chapter 6)
- A. Home: The lifelong romance (Chapter 7-8)

#### 2. The Book Shows God’s Priority for a 3-D relationship:

God’s Plan is that marriage would be an ever-expanding triangle of spiritual, emotional (friendship), and physical intimacy. God’s Plan is that courting or dating would lay the foundation by prioritizing the spiritual and friendship dimension and waiting on physical intimacy until marriage.



**QUESTION:** If God’s priority to have a great marriage and relationship is to build first on your spiritual connection, then on your friendship connection, and then finally in marriage on your physical connection, how do we get it backward? What would be the benefits of building a relationship in this order?

---

---

---

### **Main Idea**

Every Parent and Child Can Romance for Life by Learning the Three Romance Lessons of Song of Solomon Chapter 1

### **Romance Lesson #1: Physical Attraction is the Spark, Character is the Fuel**

#### **Song of Solomon 1:1-4 (NKJV)**

<sup>1</sup> The song of songs, which is Solomon’s.

#### **The Shulamite**

- <sup>2</sup> Let him kiss me with the kisses of his mouth —  
For your love is better than wine.
- <sup>3</sup> Because of the fragrance of your good ointments,  
Your name is ointment poured forth;  
Therefore the virgins love you.
- <sup>4</sup> Draw me away!



**DRILL DOWN:** “Your name is ointment poured forth.” The first pressing of the oil was the purest of pure used in the lamp stands in the tabernacle. His purity and character gave a reputation to all the virgins for the type of man he was. His name was his character.

***Instead of saying, “What a hunk!” Ask yourself, “A hunk of what?!”***

*~ Tommy Nelson*

## **Romance Lesson #2: Prioritizing Physical Attraction Promises Insecurity**

### Prioritizing Physical Attraction Leads to Comparing, Critiquing, and Competition

#### **The Daughters of Jerusalem**

We will run after you.

#### **The Shulamite**

The king has brought me into his chambers.

#### **The Daughters of Jerusalem**

We will be glad and rejoice in you.

We will remember your love more than wine.

### Prioritizing Physical Attraction Develops Insecurity in Relationships

#### **The Shulamite**

Rightly do they love you.

<sup>5</sup> I am dark, but lovely,  
O daughters of Jerusalem,  
Like the tents of Kedar,  
Like the curtains of Solomon.

<sup>6</sup> Do not look upon me, because I am dark,  
Because the sun has tanned me.  
My mother's sons were angry with me;  
They made me the keeper of the vineyards,  
But my own vineyard I have not kept.

### Prioritizing Physical Attraction Creates Suspicion and Uncertainty in Relationships

#### **(To Her Beloved)**

<sup>7</sup> Tell me, O you whom I love,  
Where you feed your flock,  
Where you make it rest at noon.  
For why should I be as one who veils herself  
By the flocks of your companions?

*If your relationship is built on a foundation of physical attraction, you will have constant insecurity that the foundation will crumble. After all, if you are getting married for looks, when you get married, that's probably the most beautiful physically you're ever going to be in your life. It's all down hill after that.*

*~Tommy Nelson*

## Romance Lesson #3: Physical Attraction Builds When We Affirm Character

### The Beloved

<sup>8</sup> If you do not know, O fairest among women,  
Follow in the footsteps of the flock,  
And feed your little goats  
Beside the shepherds' tents.

<sup>9</sup> I have compared you, my love,  
To my filly among Pharaoh's chariots.  
<sup>10</sup> Your cheeks are lovely with ornaments,  
Your neck with chains of gold.

### The Daughters of Jerusalem

<sup>11</sup> We will make you ornaments of gold  
With studs of silver.

### The Shulamite

<sup>12</sup> While the king is at his table,  
My spikenard sends forth its fragrance.  
<sup>13</sup> A bundle of myrrh is my beloved to me,  
That lies all night between my breasts.  
<sup>14</sup> My beloved is to me a cluster of henna blooms  
In the vineyards of En Gedi.

### The Beloved

<sup>15</sup> Behold, you are fair, my love!  
Behold, you are fair!  
You have dove's eyes.

### The Shulamite

<sup>16</sup> Behold, you are handsome, my beloved!  
Yes, pleasant!



**DRILL DOWN:** In antiquity, doves (cf. 2:12, 14; 4:1; 5:2, 12; 6:9) were noted for their cleanliness and tranquility. “According to Rabbinic teaching, a bride with beautiful eyes possesses beautiful character.” Though she recognized his physical good looks (handsome) she was more taken by the charm or pleasantness of his personality (pleasant). The word *pleasant* means “charming” or “lovely” and the combination, handsome and pleasant, was as rare then as it is now.

Source: S.M. Lehrman, “The Song of Songs” in *The Five Megilloth*, p. 4.

## CONCLUSION: Create a Vision for the Future of Your Relationship

Also our bed is green.  
<sup>17</sup> The beams of our houses are cedar,

## WHERE ARE WE?



Which of the three areas is the priority of your relationship? What does it mean to be physically intimate with your spouse? What does it mean to be a friend to your spouse? What would a spiritual dimension to your relationship look like if it was the priority?

Rate your relationship on the following scale (less intimate to more intimate) by placing an “X” somewhere along the scale. Then write down two ideas you have for how you’d like to see that area grow in intimacy in the future.

*The spiritual dimension of our relationship is:*



**Lacking in Intimacy**

**Very Intimate**

What aspect of your spiritual relationship would you most like to see changed or improved?  
(Example: Serving together, holding hands and praying before bed, reading a book of the Bible together, etc.)

---

---

*The emotional or friendship dimension of our relationship is:*



**Lacking in Intimacy**

**Very Intimate**

What aspect of your friendship relationship would you most like to see changed or improved?  
(Example: Going on dates once a month, talking and laughing together more, developing a shared hobby, etc.)

---

---

*The physical dimension of our relationship is:*



**Lacking in Intimacy**

**Very Intimate**

What aspect of your physical relationship would you most like to see changed or improved?  
(Example: go to bed earlier, give a massage, get away for some overnights, etc.)

---

---

## Song of Solomon • Chapter 2 “Waiting for Intimacy”

### Introduction: The Gift of Intimacy

What the Bible Teaches Is the Purpose of God’s Gift:

- **Procreation in Marriage** [Gen. 1:28](#), “And God blessed them; and God said to them, ‘Be fruitful and multiply, and fill the earth, and subdue it.’”
- **Intimacy or Oneness in Marriage** [S of S 1:13](#), “My beloved is to me a pouch of myrrh which lies all night between my breasts.” [S of S 2:3](#), “Like an apple tree among the trees of the forest, so is my beloved among the young men. In his shade I took great delight...” [S of S 2:6](#), “Let his left hand be under my head and his right hand embrace me.”
- **Companionship** [S of S 3:1](#), “On my bed night after night I sought him whom my soul loves...”
- **Physical Pleasure** [S of S 1:2](#), “May he kiss me with the kisses of his mouth! For your love is better than wine.”
- **Comfort** [2 Samuel 12:24](#) Then David comforted Bathsheba his wife, and went in to her and lay with her.

### Main Idea

Everyone Can Experience God’s Gift of Intimacy  
By Learning Three Lessons about Unwrapping God’s Gift

### Lesson #1: God’s Gift Is Good.

Historically, the church and society have dealt with feelings of passion in several unhealthy ways:

1. Suppress Feelings of Passion ~ Refuted in 1 Corinthians 7:1-3
2. Deny Feelings of Passion ~ Refuted in 1 Corinthians 7:7-9
3. Promote Guilt and “Dirtiness” for Feeling Passion ~ Refuted in 1 Corinthians 6:19
4. Indulge all your Passions ~ Refuted in 1 Corinthians 6:18-20

Even people in the early church got mixed up:

*“Sex is good, but passion and desire are sin. For he who is intemperate in marriage, what is he but the adulterer of his own wife.” -- Augustine*

*“Physical Intimacy is never without sin; but God excuses it by his grace because the estate of marriage is His work.” -- Martin Luther*

*In contrast to society, words from our past, and confusion from the church,  
God teaches that passion and intimacy in marriage are good!*

### [Song of Solomon 2:1-6 \(NKJV\)](#)

#### **The Beloved**

<sup>2</sup> Like a lily among thorns,  
So is my love among the daughters.

#### **The Shulamite**

<sup>3</sup> Like an apple tree among the trees of the woods,  
So is my beloved among the sons.  
I sat down in his shade with great delight,  
And his fruit was sweet to my taste.

#### **The Shulamite to the Daughters of Jerusalem**

<sup>4</sup> He brought me to the banquetting house,  
And his banner over me was love.

<sup>5</sup> Sustain me with cakes of raisins,  
Refresh me with apples,  
For I am lovesick.

<sup>6</sup> His left hand is under my head,  
And his right hand embraces me.



**DRILL DOWN:** *Sitting in his shade* was a metaphor for protection, not only in the Bible, but also in the literature of the ancient Near East. The Beloved appreciated the fact that Solomon let others see his love for her. As a banner (a military standard) is easily seen by marching troops, Solomon's love was easily seen by anyone observing their relationship.

He was not ashamed of her; instead he delighted in her, and it was evident to others. These things enable a woman to develop a sense of security and self-worth and thereby enjoy a stable marriage.

Source: *The Bible Knowledge Commentary : An Exposition of the Scriptures* (Wheaton, IL: Victor Books, 1983-1985)

*The gift of intimacy is like a fire. When it burns in the fireplace, it warms the house and its flames dance. When the fire leaps out of the fireplace, it can burn the house down and cause pain.*

## **Lesson #2: Wanting the Gift Is Great, But Don't Unwrap It Too Soon**

<sup>7</sup> I charge you, O daughters of Jerusalem,  
By the gazelles or by the does of the field,  
Do not stir up nor awaken love  
Until it pleases.

(See also S of S 3:5, 8:4)

### **Reasons the Bible and Experience Tell Us to Wait for Intimacy or Living Together**

1. Waiting creates a foundation of trust in your future marriage.
2. The foundation of your relationship is commitment, not "trying each other out."
3. Waiting gives you a clear "visual Rolodex" in your mind for only your spouse.
4. You lose objectivity when you stir up passion too soon.
5. When you sleep with someone you're not married to, you are sleeping with someone else's future spouse.
6. Waiting for intimacy and living together saves you a lot of pain.

*"Contrary to popular belief, so-called "trial marriages" (a euphemism for living together) actually lead to more divorces—and hence more poverty. Couples who live together before marriage are twice as likely to end a marriage. The divorce rate quadruples for those who have lived together with someone other than a future spouse. The research indicates that (it) increases the risk of breaking up after marriage; (it) increases the risk of domestic violence for women, and the risk of physical and sexual abuse for children. Unmarried couples have lower levels of happiness and well-being than married couples." -- by Edwin J. Feulner, Ph.D.*

7. Intimacy loses its adhering properties if you don't wait.
8. You lose part of yourself and gain unwanted consequences if you don't wait.
9. Sexual sins are the hardest to forgive yourself.

### **1 Corinthians 6:18-19 (NKJV)**

<sup>18</sup> Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. <sup>19</sup> Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

## Lesson #3: Waiting to Open God's Gift Gives You the Gift of Time

### Love Needs Time (Seasons) to Develop

<sup>10</sup> My beloved spoke, and said to me:

“Rise up, my love, my fair one,  
And come away.

<sup>11</sup> For lo, the winter is past,  
The rain is over and gone.

<sup>12</sup> The flowers appear on the earth;  
The time of singing has come,  
And the voice of the turtledove  
Is heard in our land.

<sup>13</sup> The fig tree puts forth her green figs,  
And the vines with the tender grapes  
Give a good smell.  
Rise up, my love, my fair one,  
And come away!

### Waiting Gives You Time to See Conflict (i.e. Foxes) Objectively

<sup>14</sup> “ O my dove, in the clefts of the rock,  
In the secret places of the cliff,  
Let me see your face,  
Let me hear your voice;  
For your voice is sweet,  
And your face is lovely.”

#### **Her Brothers**

<sup>15</sup> Catch us the foxes,  
The little foxes that spoil the vines,  
For our vines have tender grapes.

### Only Time Confirms You Are Ready for Marriage

#### **The Shulamite**

<sup>6</sup> My beloved is mine, and I am his.  
He feeds his flock among the lilies.

#### **(To Her Beloved)**

<sup>17</sup> Until the day breaks  
And the shadows flee away,  
Turn, my beloved,  
And be like a gazelle  
Or a young stag  
Upon the mountains of Bether.

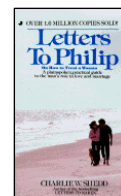
### Conclusion: Start Talking Openly with Your Children and Spouse about Intimacy

1. *Talk comprehensively and regularly about intimacy*

#### **Books & Resources:**

- Sex: It's Worth Waiting For* by Greg Speck
- Preparing Your Daughter for Every Woman's Battle* by Ethridge & Arterburn
- Preparing Your Son for Every Man's Battle* by Arterburn, Stoeker and Yorkey

The books, *Letters to Karen* and *Letters to Philip*, are a collection of personal letters written by a father to his children during their first years of marriage. As a clinical psychologist and Christ-follower, the author gives wise and crucial advice to his kids, even after marriage. In *Letters to Philip*, he tells his son that “physical intimacy is the 20-year warm up.” These are older books, but the wisdom is unparalleled.

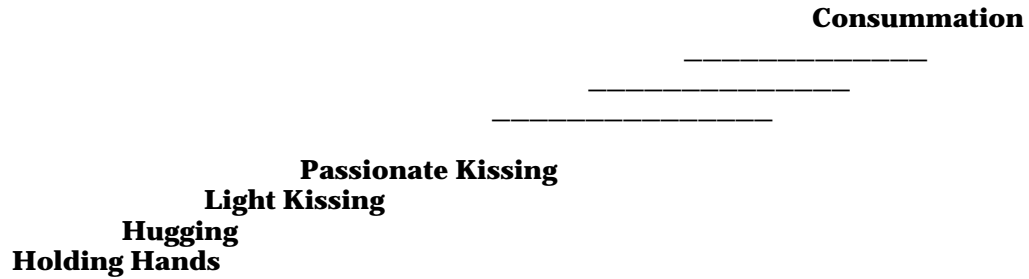




2. Talk about where to “draw the line” in actions and in your mind.

**ACTIONS:** We must train our brain to see anything that awakens love before we are ready for marriage as unwise. And since we tend to always push the line, it is best to draw your line in advance, before encountering situations that can stir up lust.

**MIND:** Anything that conjures up feelings of wanting intimacy prior to, or outside of, marriage is lust.



## Song of Solomon • Chapter 3 “Ready for Marriage?”

### DREAM: Taking Each Other for Granted in Dating

There is a natural pull in relationships to take each other for granted. In the infatuation stage, that rarely happens. When your relationship comes to the point that real conflict occurs, you've moved from the idea of a relationship to actually having a relationship.

#### Main Idea

Everyone Can Plan Their Marriage and Protect the Relationship by Following the Four “A’s” of Romance.

### 1. “A” llow Fear To Remind You to Initiate, Not Withdraw

#### Song of Solomon 3:1-4 (NKJV)

- <sup>1</sup> By night on my bed I sought the one I love;  
I sought him, but I did not find him.
- <sup>2</sup> “ I will rise now,” I said,  
“ And go about the city;  
In the streets and in the squares  
I will seek the one I love.”  
I sought him, but I did not find him.
- <sup>3</sup> The watchmen who go about the city found me;  
I said, “ Have you seen the one I love?”
- <sup>4</sup> Scarcely had I passed by them,  
When I found the one I love.



**DRILL DOWN:** The king returned to Jerusalem, leaving his beloved at her home in the country. The phrase *by night on my bed* indicates that the experience took place in a dream. When a person loves another deeply, it is natural to fear losing him or her. In the dream she lost her lover and sought to find him. The repeated expression *the one I love* (once in each of these four verses) revealed the depth of her love for Solomon.

#### A. Fear brings out our conflict-resolution animal.

##### SKUNK OR TURTLE?



*In relationships, a skunk often marries a turtle. When conflict erupts, skunks want to make a big stink, and turtles hide in their shells. When we feel dishonored, disrespected or unloved, the natural tendency is to withdraw. This dream reminds the bride to keep pursuing and not take him for granted.*



#### B. Fear is extinguished by the initiation of love. (Note the action verbs in the dream.)

#### Song of Solomon 3:1-4 (NKJV)

- <sup>1</sup> By night on my bed I sought the one I love;  
I sought him, but I did not find him.
- <sup>2</sup> “ I will rise now,” I said,  
“ And go about the city;  
In the streets and in the squares  
I will seek the one I love.”  
I sought him, but I did not find him.
- <sup>3</sup> The watchmen who go about the city found me;  
I said, “Have you seen the one I love?”
- <sup>4</sup> Scarcely had I passed by them,  
When I found the one I love.



EMOTIONAL CUP

### **1 John 4:18-19 (NKJV)**

*<sup>18</sup> There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. <sup>19</sup> We love Him because He first loved us.*

## **2. “A”sk Advice of People Who Love You**

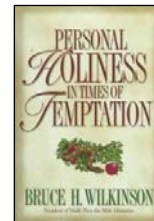
<sup>4</sup> I held him and would not let him go,  
Until I had brought him to the house of my mother,  
And into the chamber of her who conceived me.

## **3. “A”void Tempting Situations for Your Passions**

<sup>5</sup> I charge you, O daughters of Jerusalem,  
By the gazelles or by the does of the field,  
Do not stir up nor awaken love  
Until it pleases.

### **Book Resources:**

- *Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time* by S. Arterburn, F. Stoeker, & M. Yorkey
- *Personal Holiness in Times of Temptation* by Bruce H. Wilkinson



## **4. “A”rrange a Wedding that Celebrates Your Love and Commitment**

### **The Shulamite**

<sup>6</sup> Who is this coming out of the wilderness  
Like pillars of smoke,  
Perfumed with myrrh and frankincense,  
With all the merchant's fragrant powders?

<sup>7</sup> Behold, it is Solomon's couch,  
With sixty valiant men around it,  
Of the valiant of Israel.

<sup>8</sup> They all hold swords,  
Being expert in war.  
Every man has his sword on his thigh  
Because of fear in the night.

<sup>9</sup> Of the wood of Lebanon  
Solomon the King  
Made himself a palanquin:

<sup>10</sup> He made its pillars of silver,  
Its support of gold,  
Its seat of purple,  
Its interior paved with love  
By the daughters of Jerusalem.

<sup>11</sup> Go forth, O daughters of Zion,  
And see King Solomon with the crown  
With which his mother crowned him  
On the day of his wedding,  
The day of the gladness of his heart.



**DRILL DOWN:** A central feature of a wedding ceremony was a procession to the bride's home led by the groom, who then escorted her back to their new residence. Next, a wedding feast was celebrated which lasted up to a week or even longer.

Though the feast was prolonged, the couple consummated their marriage on the first night after a one-year betrothal. The wedding feast is not described in the Song of Songs, but both the wedding procession (3:6-11) and the wedding night (4:1-5:1) are presented in some detail.

Verse 11 of chapter 3 refers to the "wedding" and to "Solomon" -- who of course was the groom. The 60 warriors accompanying Solomon's carriage (cf. v. 9) were friends of the groom. It was common for a groom's friends to go with him in the wedding procession. But they were also the noblest and most experienced soldiers in Israel, probably Solomon's royal bodyguard.

*The word sacrament means literally "sacred moment," and the sacrament of marriage is just that, the sacred moment of marriage. It is a moment in which God is fully present as the foremost witness to the wedding vows.*  
~ Tommy Nelson



*I am a strong believer in long dating, long courtship, and a brief engagement. Once the decision is made to marry, it is very difficult to restrain passion. Plan the wedding and get on with the marriage.*

~ Tommy Nelson

### **Conclusion: Weddings at Horizon Community Church**

- Meet with John Kirby, Horizon's Connections Pastor, for initial information.
- Select a wedding date and determine which of Horizon's ordained pastors are available to perform the ceremony.
- Pick a location for the ceremony:
  - *There are a number of suggested locations where Horizon has performed previous wedding ceremonies. Some of these include Armstrong Chapel, Bell Chapel, Cincinnati Country Day School, and others. In years to come, Horizon's chapel on the site of our new facility will be an ideal spot for most couples.*
- Learn about a Christian Marriage Ceremony and commit to a plan of personal integrity in preparation.
- Commit to Pre/Post-Marriage Counseling at Horizon or with a Christian counselor.
- Plan the particulars of the service with the Pastor:
  - *There are several key elements that make up an appropriate marriage ceremony, including the order of service, wedding vows, scripture readings, sermon topic, etc. The Pastor can guide you as you prepare for the service.*

**Song of Solomon • Chapter 4**  
**“The Wedding Night”**

**Main Idea**

To enjoy fully satisfying physical intimacy, every Christian couple must understand two differences and two directives between men and women in marriage.

**Difference #1:** The woman’s desire is warmed up through **Emotional Intimacy** (support, thoughtfulness, gentleness, affirmation, being “wooded.”)

**The Beloved**

<sup>1</sup> Behold, you are fair, my love!  
Behold, you are fair!  
You have dove’s eyes behind your veil.  
Your hair is like a flock of goats,  
Going down from Mount Gilead.  
<sup>2</sup> Your teeth are like a flock of shorn sheep  
Which have come up from the washing,  
Every one of which bears twins,  
And none is barren among them.  
<sup>3</sup> Your lips are like a strand of scarlet,  
And your mouth is lovely.  
Your temples behind your veil  
Are like a piece of pomegranate.  
<sup>4</sup> Your neck is like the tower of David,  
Built for an armory,  
On which hang a thousand bucklers,  
All shields of mighty men.



***Men are Microwaves ...***  
***... Women are Crockpots.***



**Difference #2:** The man’s primary need in physical intimacy is **Responsiveness**.

<sup>7</sup> You are all fair, my love,  
And there is no spot in you.  
<sup>8</sup> Come with me from Lebanon, my spouse,  
With me from Lebanon.  
Look from the top of Amana,  
From the top of Senir and Hermon,  
From the lions’ dens,  
From the mountains of the leopards.  
<sup>9</sup> You have ravished my heart,  
My sister, my spouse;  
You have ravished my heart  
With one look of your eyes,  
With one link of your necklace.

***Women have a deep emotional power over a man’s deepest vulnerable needs through responsiveness, initiation, and variety.***

- 1. Responsiveness:** “Come with me from Lebanon...”
- 2. Variety:** “from Lebanon, top of Amana, top of Senir and Hermon...”
- 3. Vulnerability:** “You have ravished my heart, with one look...”

### 1 Corinthians 7:3-5 (NKJV)

Let the husband render to his wife the affection due her, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

### Song of Solomon 4:10-11

- <sup>10</sup> How fair is your love,  
My sister, my spouse!  
How much better than wine is your love,  
And the scent of your perfumes  
Than all spices!
- <sup>11</sup> Your lips, O my spouse,  
Drip as the honeycomb;  
Honey and milk are under your tongue;  
And the fragrance of your garments  
Is like the fragrance of Lebanon.

### **3. Directive #1: God Wants Us to Be Sensuous: “Alive to Pleasure”**

#### **Definition: Sensuous Man/Woman:**

Appealing to the senses; Alive to giving and receiving pleasure in the context of covenant commitment.

#### **Definition: Sensual Man/Woman:**

Taking selfish gratification; lacking in moral restraint. (Galatians 5:19)

- <sup>12</sup> A garden enclosed  
Is my sister, my spouse,  
A spring shut up,  
A fountain sealed.  
<sup>13</sup> Your plants are an orchard of pomegranates  
With pleasant fruits, Fragrant henna with spikenard,  
<sup>14</sup> Spikenard and saffron, Calamus and cinnamon,  
With all trees of frankincense, Myrrh and aloes,  
With all the chief spices—
- <sup>15</sup> A fountain of gardens,  
A well of living waters,  
And streams from Lebanon.



**DRILL DOWN:** The chiasm again shows the change in the bride’s feelings toward pleasure. She has always been alive to pleasure, but has waited to express it until the context of marriage. That her virginity was intact is shown in phrases, “a Garden enclosed, shut up, and sealed,” but within the context of marriage she allows the same garden, well, and fountain to be alive with pleasure giving and receiving: “a fountain of gardens,” “well of living waters,” and “streams from Lebanon.”

### **4. Directive #2: God Wants Us to Communicate How to Bring Each Other More Pleasure**

#### **The Shulamite**

- <sup>16</sup> Awake, O north wind,  
And come, O south!  
Blow upon my garden,  
That its spices may flow out.  
Let my beloved come to his garden  
And eat its pleasant fruits.

#### **The Beloved**

- 7:5 Your two breasts are like two fawns,  
Twins of a gazelle,  
Which feed among the lilies.  
<sup>6</sup> Until the day breaks  
And the shadows flee away,  
I will go my way to the mountain of myrrh  
And to the hill of frankincense.

## Song of Solomon • Chapter 5 “Conflict in the Bedroom”

### **Introduction: The Benefits and Conflicts of the Bedroom**

The Song of Solomon quickly transitions from the bliss of the bedroom to the tension of intimacy in married life. This chapter looks practically at the reality of tension in the bedroom in all healthy marriages. Solomon shows us that there are battles and benefits to physical intimacy in marriage. It is extremely important to look honestly at these issues and help our children realize that navigating conflict in marriage and intimacy requires communication, selflessness, and attention.

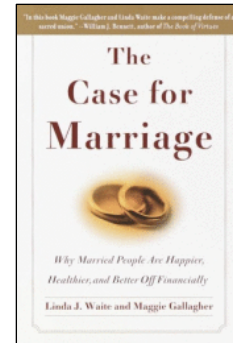
It is also extremely important that we and our children understand the incredible benefits of oneness in marriage. Research shows that marriage makes people happier, healthier, and report higher satisfaction with intimacy. Teenagers pick up the mistaken belief from movies and television that marriage makes you miserable, passionless, and ends your intimate life.

### **The Benefits of Marriage**

#### **Song of Solomon 5:1**

I have come to my garden, my sister, my spouse;  
I have gathered my myrrh with my spice;  
I have eaten my honeycomb with my honey;  
I have drunk my wine with my milk.

- ❑ Unmarried people are far more likely to die young -- especially men, who on average engage in riskier behavior when single than when married. Statistically, divorce is as dangerous to a man's health as starting to smoke a pack of cigarettes a day. Nine of ten married men will live to be at least sixty-five, while only six of ten single men will. Nine of ten wives make it to sixty-five, but only eight of ten single or divorced women will.
- ❑ Married people have more money, and their money goes further. If you think about it, two can live almost as cheaply as one. Cohabiting doesn't offer nearly as many financial benefits as marriage, because married couples make long-term plans and decisions. The secret is an added ingredient: commitment.
- ❑ Married people not only have far more sex than singles, but they enjoy it more, both physically and emotionally. One reason married people have more intimacy is that it costs them less in time, money, and psychic energy. They have already made the huge investment in establishing and maintaining a relationship and can lie back and enjoy the dividends." And, the long-term emotional commitment of marriage brings more intimate satisfaction than found with cohabiting couples.



Source: *The Case for Marriage* by Linda J. Waite and Maggie Gallagher.

### **The Benefits of Singleness**

#### **1 Corinthians 7:7-9 (NKJV)**

*<sup>7</sup> For I wish that all men were even as I myself. But each one has his own gift from God, one in this manner and another in that. <sup>8</sup> But I say to the unmarried and to the widows: It is good for them if they remain even as I am; <sup>9</sup> but if they cannot exercise self-control, let them marry. For it is better to marry than to burn with passion.*



**DRILL DOWN:** Paul shows that singleness is a gift from God which allows you to minister more to the Lord. It is good to use this gift to make God and His work your primary ministry. Paul knows that marriage is good as well, but it is a huge commitment, challenge, and potential distraction from what can be done through the gift of singleness.

## Main Idea

Overcoming Conflict in the Married Couple's  
Bedroom Requires the Consistent Use of Five Tools

### Conflict Tool #1: Don't Become Unresponsive to Your Spouse's Needs

#### The Shulamite

<sup>2</sup> I sleep, but my heart is awake;  
It is the voice of my beloved!  
He knocks, saying,

“Open for me, my sister, my love,  
My dove, my perfect one;  
For my head is covered with dew,  
My locks with the drops of the night.”

<sup>3</sup> I have taken off my robe;  
How can I put it on again?  
I have washed my feet;  
How can I defile them?



**DRILL DOWN:** Men and women often had different bedrooms during that time. The husband has been out laboring: “...head is covered with dew and locks with drops of the night.” The man initiates intimacy and the wife yells at him without even getting up. “I have taken off my robe” is Hebrew for “I have a headache.” ☺

### Conflict Tool #2: Give Love to Your Spouse When They Least Deserve It

<sup>4</sup> My beloved put his hand  
By the latch of the door,  
And my heart yearned for him.  
<sup>5</sup> I arose to open for my beloved,  
And my hands dripped with myrrh,  
My fingers with liquid myrrh,  
On the handles of the lock.  
<sup>6</sup> I opened for my beloved,  
But my beloved had turned away and was gone.  
My heart leaped up when he spoke.  
I sought him, but I could not find him;  
I called him, but he gave me no answer.



**DRILL DOWN:** The husband initially responds to his wife's rejection, unresponsiveness, and irritability with tenderness, acceptance, and love. This unconditional love, at the moment she least deserves it (but most needs it) is what speaks to her heart deeply. This is exactly what Christ does for us in our moment of need.

#### 1 Peter 2:21-23 (NKJV)

<sup>21</sup> For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: <sup>22</sup> “Who committed no sin, nor was deceit found in His mouth”; <sup>23</sup> who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously....

### Conflict Tool #3: Beware Always Interpreting Unresponsiveness as Rejection

For most men, initiating intimacy means *I want and need you*. So when intimacy is rejected, the man can hear, “I don't want you and I reject you.”

But my beloved had turned away and was gone.



## Conflict Tool #4: Overcome the Pain of Withdrawal with Initiation

### Song of Solomon 5:6-8

- <sup>6b</sup> My heart leaped up when he spoke.  
I sought him, but I could not find him;  
I called him, but he gave me no answer.
- <sup>7</sup> The watchmen who went about the city found me.  
They struck me, they wounded me;  
The keepers of the walls  
Took my veil away from me.
- <sup>8</sup> I charge you, O daughters of Jerusalem,  
If you find my beloved,  
That you tell him I am lovesick!



**DRILL DOWN:** In her dream this action by the watchmen may indicate that she was to blame for their separation. More importantly the dream symbolized the pain of separation brought about through her selfishness and dramatized her needing the lover for well-being and protection. The beloved sought the daughters' help in finding her lover. The message, *I am lovesick*, meant that she now wanted his embrace. Though she had been indifferent (5:2-3), her attitude changed, and she was anxious for him.

## Conflict Tool #5: Fan the Flame of Intimacy with Your Mind

### **The Daughters of Jerusalem**

- <sup>9</sup> What is your beloved  
More than another beloved,  
O fairest among women?  
What is your beloved  
More than another beloved,  
That you so charge us?

### **The Shulamite**

- <sup>10</sup> My beloved is white and ruddy,  
Chief among ten thousand.
- <sup>11</sup> His head is like the finest gold;  
His locks are wavy,  
And black as a raven.
- <sup>12</sup> His eyes are like doves  
By the rivers of waters,  
Washed with milk,  
And fitly set.
- <sup>13</sup> His cheeks are like a bed of spices.  
Banks of scented herbs.  
His lips are lilies,  
Dripping liquid myrrh.
- <sup>14</sup> His hands are rods of gold  
Set with beryl.  
His body is carved ivory  
Inlaid with sapphires.
- <sup>15</sup> His legs are pillars of marble  
Set on bases of fine gold.  
His countenance is like Lebanon,  
Excellent as the cedars.
- <sup>16</sup> His mouth is most sweet.  
Yes, he is altogether lovely.  
This is my beloved,  
And this is my friend,  
O daughters of Jerusalem!

***Intimacy begins in the mind:*** By rediscovering and meditating on all the reasons she emotionally loves her husband and values his friendship, the Shulamite is able to rekindle her physical passion for him.

“The basis of great physical pleasure is friendship.

~ Tommy Nelson

**Two Action Steps:**

**Apologize:**

Confess to your spouse if you have hurt them through unresponsiveness, rejection, withdrawal or lack of initiation.

*Example: “Honey, I am sorry I’ve allowed this important area of our life to be crowded out. This is important to me, and I want to fan the flame in our marriage.”*

**Build Your Friendship:**

Make dating each other a priority. Plan to go on a date at *least once a month*.

*A date is defined as just the two of you, without kids or friends, doing something fun that you both enjoy. Put it on the calendar and make it a habit.*

## Song of Solomon • Chapter 6 “Reconciling Differences”

### Main Idea

Deeper love grows in marriage when we learn four principles of reconciliation.

**PRINCIPLE #1: Be the First:** Initiating *where they are* stirs up reconciliation

#### The Daughters of Jerusalem

<sup>1</sup> Where has your beloved gone,  
O fairest among women?  
Where has your beloved turned aside,  
That we may seek him with you?

#### The Shulamite

<sup>2</sup> My beloved has gone to his garden,  
To the beds of spices,  
To feed his flock in the gardens,  
And to gather lilies.  
<sup>3</sup> I am my beloved's,  
And my beloved is mine.  
He feeds his flock among the lilies.



**DRILL DOWN:** During Biblical times, when a wife was hurtful to a man, it was culturally acceptable for the man to put the wife away, rejecting or divorcing her. Solomon does not. He waits for her. He endures the conflict and her coolness toward him with staying power. His bride and he then begin the process of reconciling together.

*Marriage did to me, what no monastery could.*  
~ Martin Luther

**PRINCIPLE #2: Speak Words of Life:** Words of Love Trigger Words of Respect (and vice versa)

#### Words of Respect

##### The Shulamite

*5:10* My beloved is white and ruddy,  
Chief among ten thousand. <sup>11</sup> His head is like the finest gold; His locks are wavy,  
And black as a raven. <sup>12</sup> His eyes are like doves

By the rivers of waters, Washed with milk,  
And fitly set. <sup>13</sup> His cheeks are like a bed of spices,  
Banks of scented herbs.

His lips are lilies, Dripping liquid myrrh. <sup>14</sup> His hands are rods of gold set with beryl.  
His body is carved ivory Inlaid with sapphires. <sup>15</sup>

His legs are pillars of marble Set on bases of fine gold. His countenance is like Lebanon. Excellent as the cedars.

<sup>16</sup> His mouth is most sweet, Yes, he is altogether lovely. This is my beloved,  
And this is my friend.  
O daughters of Jerusalem!



#### Words of Love

##### The Beloved

*6:4* O my love, you are as beautiful as Tirzah, Lovely as Jerusalem, Awesome as an army with banners!

<sup>5</sup> Turn your eyes away from me, For they have overcome me. Your hair is like a flock of goats  
Going down from Gilead.

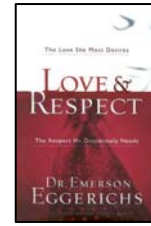
<sup>6</sup> Your teeth are like a flock of sheep Which have come up from the washing;  
Every one bears twins, And none is barren among them. <sup>7</sup> Like a piece of pomegranate

Are your temples behind your veil. <sup>8</sup> There are sixty queens  
And eighty concubines, And virgins without number.

<sup>9</sup> My dove, my perfect one. Is the only one,  
The only one of her mother, The favorite of the one who bore her.

## **Additional Resources:**

- *Love & Respect: The Love She Most Desires; The Respect He Desperately Needs* by Emerson Eggerichs
- *For Women Only: What You Need to Know about the Inner Lives of Men* by Shaunti Feldhahn
- *For Men Only: A Straightforward Guide to the Inner Lives of Women* by Shaunti Feldhahn and Jeff Feldhahn



## **Principle #3: Renounce Bitterness: Choosing Forgiveness Triggers Feelings of Love.**

### **Song of Solomon 6:5-7**

- <sup>5</sup> ... Your hair is like a flock of goats  
Going down from Gilead.  
<sup>6</sup> Your teeth are like a flock of sheep  
Which have come up from the washing;  
Every one bears twins,  
And none is barren among them.  
<sup>7</sup> Like a piece of pomegranate  
Are your temples behind your veil.

### **Song of Solomon 4:1-3**

- <sup>1</sup> ... You have dove's eyes behind your veil.  
Your hair is like a flock of goats,  
Going down from Mount Gilead.  
<sup>2</sup> Your teeth are like a flock of shorn sheep  
Which have come up from the washing,  
Every one of which bears twins...  
<sup>3</sup> Your lips are like a strand of scarlet,  
And your mouth is lovely.  
Your temples behind your veil  
Are like a piece of pomegranate.



*If this passage were taken literally.*  
(Source: *The Wittenburg Door*)



**DRILL DOWN:** (S of S 5:12) *His eyes are ...fitly set.* When Solomon's bride says his eyes are *fitly set*, she means that they were widely focused on her. He did not have a shifty gaze of mistrust, nor were his eyes openly flared in anger. They were eyes of faithfulness and kindness. When she initiates reconciliation, it stirs up his original feelings of love for her. Compare S of S 6:5-7 with his words on the wedding night (S of S 4:1-3.)

## **Principle #4: Don't Keep Records: Reconciliation Triggers Deeper Love**

### **The Shulamit**

- <sup>6:11</sup> I went down to the garden of nuts  
To see the verdure of the valley,  
To see whether the vine had budded  
And the pomegranates had bloomed.  
<sup>12</sup> Before I was even aware,  
My soul had made me  
As the chariots of my noble people.

### **The Beloved and His Friends**

- <sup>13</sup> Return, return, O Shulamite;  
Return, return, that we may look upon you!



**DRILL DOWN:** The vineyard is a metaphor for their relationship. It goes through seasons: spring, summer, fall, winter. The passage suggests that the vineyard is stronger because they have worked through conflict. When he puts her in the chariot, it is the equivalent of the President letting us fly on Air Force One. He is not holding the conflict against her. Their relationship is so strengthened and now so entwined, that the Friends rename her "Shulamite," which is a play on Solomon's name. It is like saying "Solomon-ess." They have grown so close through love and reconciliation that their identities are virtually interchangeable.

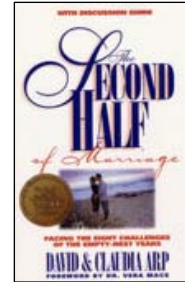
## Song of Solomon • Chapter 7 “Moving to Deeper Levels”

### Introduction: Is Romance supposed to diminish over time?



**DRILL DOWN:** The term *romance* comes from the Middle Ages, during a time when the formal language of the day was Latin. But if a person was talking about songs, love, jokes, and poetry, they would not speak in Latin, they would speak in the Rome-antic language. This meant the *heart language*.

David and Claudia Arp authored a study that suggests that the “second half” of marriage can be better than the first, if we diligently prioritize Song of Solomon’s principles. If we push through, forgive through, and work through conflict, marital fulfillment becomes more fulfilling over time.



The table below shows the Arps findings on the skills that can lead to marital happiness and conflict management, from honeymoon through empty-nest.

| <b>Response to Questionnaire</b> |                      |              |              |                     |
|----------------------------------|----------------------|--------------|--------------|---------------------|
| Answers out of 10                | 1 = Very Unsatisfied |              |              | 10 = Very Satisfied |
| <b>Aspects of Marriage</b>       | <b>Under 40</b>      | <b>40-49</b> | <b>50-59</b> | <b>Over 60</b>      |
| Financial                        | 5.96                 | 6.58         | 7.24         | 8.54                |
| Companionship                    | 7.82                 | 7.54         | 8.00         | 9.25                |
| Spiritual Growth                 | 6.36                 | 6.94         | 7.77         | 8.65                |
| Mutual Activities                | 6.43                 | 6.70         | 7.24         | 8.49                |
| Individual Activities            | 7.01                 | 7.29         | 7.75         | 8.33                |
| Communication                    | 6.57                 | 6.68         | 7.16         | 7.69                |
| My Health                        | 5.77                 | 6.39         | 6.71         | 7.65                |
| Mate’s Health                    | 6.11                 | 6.91         | 6.85         | 7.71                |
| Ministry                         | 6.68                 | 6.82         | 7.05         | 7.48                |
| Friends & Family                 | 7.07                 | 7.17         | 7.51         | 8.48                |
| Community                        | 6.31                 | 6.12         | 6.44         | 7.39                |
| Romance                          | 6.33                 | 6.60         | 6.95         | 8.20                |
| Household Resp.                  | 6.58                 | 6.97         | 7.78         | 8.32                |
| Conflict Resolution              | 6.42                 | 6.32         | 6.88         | 8.29                |
| Sex                              | 6.97                 | 7.12         | 7.24         | 8.14                |
| Education                        | 6.94                 | 7.16         | 7.63         | 8.27                |
| Relationship/Children            | 7.66                 | 7.31         | 8.04         | 8.68                |
| Relationship/Grandchildren       | low data             | low data     | 6.18         | 9.10                |
| Retirement                       | 5.69                 | 5.95         | 6.58         | 8.44                |
| Relation/Aging Parents           | 7.33                 | 6.34         | 7.14         | 8.73                |

### Main Idea

Every Couple Can Grow a Romantic Marriage by Practicing Three Timeless Truths.

## 1. Husband, Keep Romancing Your Princess

### Song of Solomon 7:1-2 (NKJV)

#### The Beloved

<sup>1</sup> How beautiful are your feet in sandals,  
O prince's daughter!  
The curves of your thighs are like jewels,  
The work of the hands of a skillful workman.

<sup>2</sup> Your navel is a rounded goblet;  
It lacks no blended beverage.  
Your waist is a heap of wheat  
Set about with lilies.



**DRILL DOWN:** “*Your waist is a heap of wheat*”... In Hebrew, the belly/waist was the heart of emotion. In Israel, the wheat was the last crop used at Pentecost. As the last, it was also the best and most important. Solomon is saying to his wife, “Of all the blessings of God, you are the best one in my life.”

## 2. Encourage Each Other's Character

### Song of Solomon 7:3-6 (NKJV)

<sup>3</sup> Your two breasts are like two fawns,  
Twins of a gazelle.

<sup>4</sup> Your neck is like an ivory tower,  
Your eyes like the pools in Heshbon  
By the gate of Bath Rabbim.  
Your nose is like the tower of Lebanon  
Which looks toward Damascus.

<sup>5</sup> Your head crowns you like Mount Carmel,  
And the hair of your head is like purple;  
A king is held captive by your tresses.

<sup>6</sup> How fair and how pleasant you are,  
O love, with your delights!



**DRILL DOWN:** The phrase *your nose is like the tower of Lebanon* suggests a tall tower of defense looking out for danger. This strong tower helped protect Damascus, thus Solomon is saying that her lovely features reflected her strong character. He tells her how loyal and faithful she is in his life.

## HOME WORK: Developing a Character Vocabulary



*On the following chart, carefully consider each definition and circle at least three character qualities that you admire in your spouse. At a later time, share your choices with your spouse and why they are meaningful to you.*

|   |  |
|---|--|
| <b>Acceptance:</b><br>Receiving someone when they are imperfect.            | <b>Cautiousness:</b><br>Acquiring wisdom before making decision.         |
| <b>Compassion:</b><br>Feeling the hurts of others.                          | <b>Contentment:</b><br>Enjoying situations & possessions of the present. |
| <b>Creativity:</b><br>Finding unique solutions to difficult challenges.     | <b>Decisiveness:</b><br>Finalizing difficult decisions.                  |
| <b>Deference:</b><br>Limiting own freedoms to serve others.                 | <b>Dependability:</b><br>Being true to your word.                        |
| <b>Diligence:</b><br>Working through to completion as unto the Lord.        | <b>Discernment:</b><br>Knowing how to size up people and situations.     |
| <b>Endurance:</b><br>Maintaining integrity under pressure.                  | <b>Faith:</b><br>Developing an unshakable confidence in God.             |
| <b>Forgiveness:</b><br>Choosing not to hold an offense.                     | <b>Generosity:</b><br>Giving selflessly to others.                       |
| <b>Gentleness:</b><br>Responding to needs with kindness and affection.      | <b>Gratefulness:</b><br>Recognizing what God and others have provided.   |
| <b>Hospitality:</b><br>Willingly sharing what you have with others.         | <b>Humility:</b><br>Being open and teachable; giving credit to God.      |
| <b>Initiative:</b><br>Taking steps to seek after God by giving first.       | <b>Loyalty:</b><br>Adopting other's wishes & goals as your own.          |
| <b>Meekness:</b><br>Yielding your rights and possessions to God.            | <b>Patience:</b><br>Accepting God's timing in the midst of uncertainty.  |
| <b>Punctuality:</b><br>Showing esteem for others with your time.            | <b>Reverence:</b><br>Demonstrating respect for authority.                |
| <b>Self-Control:</b><br>Giving thoughts & actions to Holy Spirit's control. | <b>Sincerity:</b><br>Having transparent motives and aims.                |
| <b>Truthfulness:</b><br>Expressing what's right without misrepresentation.  | <b>Wisdom:</b><br>Seeing life from God's point of view.                  |

### 3. Feed Your Intimate Life and Expect It to Grow

#### A. Creativity

- <sup>7</sup> This stature of yours is like a palm tree,  
And your breasts like its clusters.
- <sup>8</sup> I said, "I will go up to the palm tree,  
I will take hold of its branches."  
Let now your breasts be like clusters of the vine,  
The fragrance of your breath like apples,  
<sup>9</sup> And the roof of your mouth like the best wine.

#### B. Responsiveness

##### The Shulamite

- <sup>9b</sup> The wine goes down smoothly for my beloved,  
Moving gently the lips of sleepers.
- <sup>10</sup> I am my beloved's,  
And his desire is toward me.

#### C. Variety

- <sup>11</sup> Come, my beloved,  
Let us go forth to the field;  
Let us lodge in the villages.
- <sup>12</sup> Let us get up early to the vineyards;  
Let us see if the vine has budded,  
Whether the grape blossoms are open,  
And the pomegranates are in bloom.  
**There I will give you my love.**

#### D. Aphrodisiacs

- <sup>13</sup> The mandrakes give off a fragrance,  
And at our gates are pleasant fruits,  
All manner, new and old,  
Which I have laid up for you, my beloved.

#### Biblical Boundaries to Protect the Intimate Life

1. Don't bring anyone else into the bedroom or your mind (people, pornography, prostitution.) *References: Leviticus 19:29; Deuteronomy 23:17; Hebrews 13:4*
2. Don't have sex with anyone other than your spouse (includes relatives and animals.)  
*References: Leviticus 18, 20; Proverbs 7:4-27*
3. Don't have sex with anyone of the same gender. *References: Leviticus 18:22; 20:13; Romans 1:27; 1 Corinthians 6:9*
4. Do treat all parts of your spouse's body as holy, clean, and a temple of God to be enjoyed and respected. *Reference: 1 Corinthians 6.*



## E. Unashamed Affection

### Song of Solomon 8:1-2

<sup>1</sup> Oh, [that you were like my brother](#),  
Who nursed at my mother's breasts!  
If I should find you outside,  
I would kiss you; I would not be despised.  
<sup>2</sup> I would lead you and bring you  
Into the house of my mother,  
She who used to instruct me.  
I would cause you to drink of spiced wine,  
Of the juice of my pomegranate.



**DRILL DOWN:** In the ancient Near East, public displays of affection were frowned on, except in the case of certain family members. Thus, the Beloved wishes that her husband were *like a brother to her* so that it would be acceptable to display her affection for him at any time.

## F. Technique

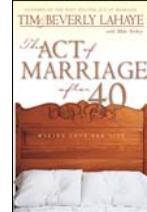
### (To the Daughters of Jerusalem)

<sup>3</sup> His left hand is under my head,  
And [his right hand embraces me](#).  
<sup>4</sup> I charge you, O daughters of Jerusalem,  
Do not stir up nor awaken love  
Until it pleases.

## Books and Resources:

- *The Act of Marriage After 40*, by Tim & Beverly LaHaye and Mike Yorkey

For engaged couples, newlyweds or couples who have been married for years *The Act of Marriage* provides insights into the male and female body, psychosexual makeup, and the need for the tender, unselfish affection that can help married couples achieve their intimate goals.



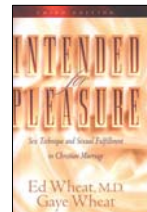
- *Intimate Issues: 21 Questions Christian Women Ask About Sex* by Linda Dillow and Lorraine Pintus

*Intimate Issues* answers the 21 questions about sex most frequently asked by Christian wives. Written from the perspective of two mature Christian wives and Bible teachers---women you'll come to know as mentors and friends -- *Intimate Issues* is biblical and insightful, humorous and practical, but always honest.



- *Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage, Third Edition* by Ed Wheat and Gaye Wheat

Ed & Gaye Wheat combine biblical teaching on marriage with the latest medical information on sexuality. This book contains facts, illustrations, and discussion of all facets of human sexuality. A perfect gift for newlyweds and a source book for pastors and marriage counselors, this book will help all couples understand and enjoy the gift God intended for pleasure.



## Song of Solomon • Chapter 8 “Passion Growing From Trust”

### Main Idea

Every Christian Family Must Teach Their Children Five Counter-Cultural Lessons about Commitment, Intimacy, and Love.

### Teaching Children About Intimacy:

#### Song of Solomon 8:2

I would lead you and bring you  
Into the house of my mother,  
She who used to instruct me.  
I would cause you to drink of spiced wine,  
Of the juice of my pomegranate.

#### 1. Intimacy Is Worth the Wait.

<sup>4</sup> I charge you, O daughters of Jerusalem,  
Do not stir up nor awaken love  
Until it pleases.

#### 2. Love Your Spouse for Life.

##### A Relative

<sup>5</sup> Who is this coming up from the wilderness,  
Leaning upon her beloved?  
I awakened you under the apple tree.  
There your mother brought you forth;  
There she who bore you brought you forth.

##### The Shulamite to her Beloved

<sup>6</sup> Set me as a seal upon your heart,  
As a seal upon your arm;  
For love is as strong as death,  
Jealousy as cruel as the grave;  
Its flames are flames of fire,  
A most vehement flame.

<sup>7</sup> Many waters cannot quench love,  
Nor can the floods drown it.  
If a man would give for love  
All the wealth of his house,  
It would be utterly despised.



**DRILL DOWN:** Solomon says, “You were born for me!” Verse 5’s image of the *apple tree* (apples symbolized romantic love in ancient times) recalls love’s beginning. The beloved roused her lover, and the “awakening” is a metaphor for new life, or rather a new way of perceiving life, which her love had brought to him. Much as he was the product of his parents’ love and was brought into the world by physical birth, the lover had now received a second “birth.”

### 3. Moral Maturity Precedes Marriage Maturity.

#### The Shulamite's Brothers

<sup>8</sup> We have a little sister,  
And she has no breasts.  
What shall we do for our sister  
In the day when she is spoken for?

<sup>9</sup> If she is a wall,  
We will build upon her  
A battlement of silver;  
And if she is a door,  
We will enclose her  
With boards of cedar.

#### The Shulamite

<sup>10</sup> I am a wall,  
And my breasts like towers;  
Then I became in his eyes  
As one who found peace.

<sup>11</sup> Solomon had a vineyard at Baal Hamon;  
He leased the vineyard to keepers;  
Everyone was to bring for its fruit  
A thousand silver coins.

When she had committed to purity (*my breasts like towers...that are out of reach*), then God knew she was ready for marriage and led her to Solomon.

### 4. The Greatest Gift to Give Your Spouse Is a Pure Vineyard.

#### (To Solomon)

<sup>12</sup> My own vineyard is before me.  
You, O Solomon, may have a thousand,  
And those who tend its fruit two hundred.

### 5. Marriage Is a Chance to Be Lavishly Generous with Your Body.

#### The Beloved

<sup>13</sup> You who dwell in the gardens,  
The companions listen for your voice—  
Let me hear it!

#### The Shulamite

<sup>14</sup> Make haste, my beloved,  
And be like a gazelle  
Or a young stag  
On the mountains of spices.

