Sermon Notes & Study Guide

Song of Solomon 7

Marital intimacy is a gift from God to be stewarded well.

I. Celebrate Your Spouses Beauty (v.1-6)

How beautiful are your **feet** in sandals, O **noble** daughter!
Your rounded thighs are like jewels, the work of a **master hand**.
[2] Your navel is a rounded bowl that never lacks mixed wine. Your belly is a heap of wheat, encircled with lilies.
[3] Your two breasts are like two fawns, twins of a gazelle. a tenderness
[4] Your neck is like an ivory tower. Your eyes are pools in Heshbon, by the gate of Bath-rabbim. Your nose is like a tower of Lebanon, which looks toward Damascus.
[5] Your head crowns you like Carmel, and your flowing locks are like purple; a king is held captive in the tresses.
[6] How beautiful and pleasant you are, O loved one, with all your delights!

II. Delight in the Pleasure of Marital Sex (v.7-9)

[7] Your stature is like a palm tree, and your breasts are like its clusters.
[8] I say I will climb the palm tree and lay hold of its fruit. Oh may your breasts be like clusters of the vine, and the scent of your breath like apples,
[9] and your mouth like the best wine.

She

It goes down smoothly for my beloved, gliding over lips and teeth.
[10] I am my beloved's, and his **desire** is for me.

"Where there is a holy love, the effects of the fall will be minimized." - Paige Patterson

How to Maintain a Healthy Sex Life

1. Create a shared priority and expectation
2. Intentionally schedule
3. Maintain physical health
4. Address barriers
5. Focus on Christ

III. Make Time for Romance (v.11-13)
[11] Come, my beloved, **let us go out** into the fields and lodge in the villages;
[12] let us go out **early** to the vineyards and see whether the vines have budded, whether the grape blossoms have opened and the pomegranates are in bloom. There I will give you my love.
[13] The mandrakes give forth fragrance, and beside our doors are all choice fruits, **new as well as old**, which I have laid up for you, O my beloved.

1. Identify the Barriers.

2. Communicate your Needs.

3. Take Responsibility for your own Behavior.

4. Cultivate your Spiritual and Emotional Relationship.

Ephesians 5:31-32
[31] "Therefore a **man** shall leave his father and mother and hold fast to his **wife**, and the two shall become **one flesh**." [32] This **mystery is profound**, and I am saying that it refers to **Christ and the church**.

Cultivate Closeness with God.

Psalm 16:11
"In your **presence** there is **fullness of joy**. At your right hand there are **pleasures** forever."

Study Guide

- What did God speak to you this weekend?

Read SoS 7:1–6

- Why do you think couples don't take the time to enjoy each other?
- What barriers do they struggle to overcome?

Read SoS 7:7–10

If there are couples in the room, have them speak privately with each other for a few minutes

- What could it look like for couples (us) to prioritize marital intimacy?

Read SoS 7:11–13

- How could you grow in making more time for romance and emotional connection?

Read Ephesians 5:31-32

Consider that marital sex is a signpost on how we conduct ourselves in relationship to Christ.

- How can our own wounds and/or selfishness affect marital sex?
- Why do you think people don't take time to enjoy their relationship to Christ?
- What could it look like for people to overcome the barriers to prioritize their relationship to Christ?
- If you have lost your "first love" in Christ, what could be the next step for you?