



# Book of Love

## THE BOOK OF LOVE, PART 1: THE ART OF ATTRACTION

Our culture tells us attraction is mostly physical, instant, and driven by chemistry. When attraction fades, people assume something is wrong and move on. But Scripture paints a much deeper picture. But maybe we should rethink what really draws people together—and what actually keeps love alive. Attraction isn't something you chase, but something you cultivate. Attraction is about becoming the person God wants you to be and allowing God to bring to you the kind of person He knows is best for you.

**BIG IDEA: Marriage is not about finding the right person as it is becoming the right person.**

### DISCUSSION QUESTIONS

1. When you hear the word *attraction*, what's the first thing that comes to mind? How has culture shaped what you think attraction should look like?
2. *With your Bible or Bible App, [read Proverbs 31:30](#).*

*Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised.* [Proverbs 31:30 \(NLT\)](#)
3. Why do physical attraction and charm fail to sustain relationships long-term?
4. How much time do you spend worrying about your looks vs. your character? Why?
5. Why do we look to ourselves and the world (magazines, movies, etc.), rather than to the Word of God for answers to our relationship questions?
6. *With your Bible or Bible App, [read Song 1:2-3](#).*

<sup>2</sup> *Kiss me and kiss me again, for your love is sweeter than wine.* <sup>3</sup> *How pleasing is your fragrance; your name is like the spreading fragrance of scented oils.* [Song 1:2-3 \(NLT\)](#)
7. A man's name is his character/integrity. Why is *character* (his "name") mentioned before anything physical? Are people attracted to the value of your name? Why or why not? What do you think God would say about your character?
8. Chris said, "*Reputation is what people think about you, but character is who you really are.*" Why do you think character is foundational to lasting attraction? What are some ways character is revealed over time?
9. Chris said, "*Become the person you're looking for is looking for.*" What qualities do you hope to see in a spouse or future spouse? Are these qualities different from what you seek in a friend?
10. *With your Bible or Bible App, [read Song 1:5-6](#).*

<sup>5</sup> *I am dark but beautiful, O women of Jerusalem—dark as the tents of Kedar, dark as the curtains of Solomon's tents.* <sup>6</sup> *Don't stare at me because I am dark—the sun has darkened my skin. My brothers were angry with me; they forced me to care for their vineyards, so I couldn't care for myself—my own vineyard.* [Song 1:5-6 \(NLT\)](#)
11. The woman openly shares her physical insecurities. Why is vulnerability essential for building trust in relationships? How can someone either strengthen or damage trust when insecurities are shared? What does loving someone through insecurity look like practically?
12. *With your Bible or Bible App, [read Song 1:7](#).*

*Tell me, my love, where are you leading your flock today? Where will you rest your sheep at noon? For why should I wander **like a prostitute** among your friends and their flocks?* [Song 1:7 \(NLT\)](#)

13. What does this verse reveal about the woman's standards? Why do higher standards often lead to healthier relationships—even when they're harder?

14. *With the Bible or Bible App, [read Matthew 6:33](#).*

*Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.*  
[Matthew 6:33 \(NLT\)](#)

15. How does prioritizing God reshape dating, marriage, and attraction? Why do you think spiritual compatibility is often overlooked but essential?

16. *With your Bible or Bible App, [read Song 1:9, 15–16](#).*

*<sup>9</sup> You are as exciting, my darling, as a mare among Pharaoh's stallions. <sup>15</sup> How beautiful you are, my darling, how beautiful! Your eyes are like doves. <sup>16</sup> You are so handsome, my love, pleasing beyond words!*  
[Song 1:9, 15–16 \(NLT\)](#)

17. How does the man's encouragement transform how the woman sees herself? Why is encouragement such a powerful force in marriage?

18. *With your Bible or Bible App, [read Song 2:1–4](#).*

*<sup>1</sup> I am the spring crocus blooming on the Sharon Plain, the lily of the valley. <sup>2</sup> Like a lily among thistles is my darling among young women. <sup>3</sup> Like the finest apple tree in the orchard is my lover among other young men. I sit in his delightful shade and taste his delicious fruit. <sup>4</sup> He escorts me to the banquet hall; it's obvious how much he loves me.*  
[Song 2:1–4 \(NLT\)](#)

19. In chapter one, she felt insecure. Here in chapter two, she feels special. What changed? How has the man's response helped her view herself?

20. "I sit in his delightful shade." She concerned about her skin in chapter one, but now she says, "I feel safe in his shade. I'm protected from that which harms me, in his shade." She feels secure. She feels safe. He protects me and he gives to me. How can you help your spouse feel safe and secure in this relationship? How can they help you feel safe and secure? Talk about it with your spouse.

21. If you are single, why are you most tempted to focus on *finding* the right person instead of *becoming* the right person? What is one area God may want to refine in your character to strengthen your relationships?

## MOVING FORWARD

Attraction grows where character leads. Whether single or married, God's design is not for love to fade, but to deepen through trust, honor, encouragement, and spiritual growth. This week, focus less on what you want from someone else and more on who God is shaping you to be.

## CHANGING YOUR MIND

*Charm is deceptive, and beauty does not last; but a woman who fears the LORD will be greatly praised.*

[Proverbs 31:30 \(NLT\)](#)