



# Book of Love

## THE BOOK OF LOVE, PART 3: THE ART OF INTIMACY

In our culture, sex sells everything from cars to carbonated drinks, from bran flakes to boats. Our society promotes sexuality as more fantasy than reality. Few areas in our marriage lug as much baggage as sex. Expectations are at an all-time high. Husbands expect their wives to be a Victoria's Secret models. Wives expect Casanova to sweep her off her feet. With such great expectations, both could end up being disappointed. At the same time, any meaningful conversation on the subject generally gets pushed aside by dirty dishes, kids, work, and responsibilities. It's easier just to pull the covers over the exasperation.

While the world creates expectations based on fantasy, God created great expectations based on reality. The Author of sex knows exactly how it should be enjoyed - and He never meant for us to be in the dark. He desires for us to be fulfilled with our deepest sexual needs, not frustrated.

### BIG IDEA: **The best sex is with the right person at the right time.**

#### DISCUSSION QUESTIONS

1. Why do you think sexual intimacy is one of the hardest topics for people to talk about honestly—even in marriage or in the church?
2. What fears did you have or do you have regarding your honeymoon? Was it or is it important to discuss expectations about the honeymoon? Why or why not?
3. *With your Bible or Bible App, [read Song 2:6-7](#).*

*<sup>6</sup> His left arm is under my head, and his right arm embraces me. <sup>7</sup> Promise me, O women of Jerusalem, by the gazelles and wild deer, not to awaken love until the time is right. [Song 2:6-7 \(NLT\)](#)*

4. Chris said, “Sexual purity paves the way for sexual intimacy”, that “Purity before marriage paves the way for sexual intimacy in marriage.” How does purity pave the way to intimacy?
5. *With your Bible or Bible App, [read Song 3:5](#).*

*Promise me, O women of Jerusalem, by the gazelles and wild deer, not to awaken love until the time is right. [Song 3:5 \(NLT\)](#)*

6. The couple repeats the boundary again: wait until the time is right. Why do you think Scripture repeats this message multiple times? What are the consequences of awakening something before it's ready?
7. How does waiting strengthen trust and friendship in a relationship? For singles, what does patience look like practically?
8. *With your Bible or Bible App, [read Song 4:1](#).*

*You are beautiful, my darling, beautiful beyond words. [Song 4:1 \(NLT\)](#)*

9. Solomon uses words of affirmation before any physical touch. Why are words and tenderness so important in intimacy? How does emotional connection prepare the way for physical intimacy?
10. Chris said: “Guys, your wife is prepared for intimacy by what you say. Ladies, your husband is prepared for intimacy by what he sees.” What does this teach us about understanding one another's needs? How can couples grow in being attentive and intentional?
11. *With your Bible or Bible App, [read Song 4:7](#).*

*You are altogether beautiful, my darling; there is no flaw in you. [Song 4:7 \(NIV\)](#)*

12. As we have mentioned before, the Hebrew word for darling is *ra'yah* (רַעְיָהּ), and it means *best friend*. Why is so much of sexual intimacy dependent on friendship in marriage?

13. Earlier, the woman saw herself in negative ways—she was too dark because of being out in the sun (*Song 1:5-6*). Yet here, Solomon says, “There is no flaw in you.” Why is trust and safety essential for vulnerability? How can spouses build up one another instead of tearing down with criticism?
14. Approach Matters! Sex doesn’t start in the bedroom—it starts with tenderness, pursuit, and care all day long. What are practical “approaches” that help strengthen intimacy outside the bedroom?
15. *With your Bible or Bible App, [read Song 4:10-12](#).*

*<sup>10</sup> Your love delights me, my treasure, my bride. Your love is better than wine, your perfume more fragrant than spices. <sup>11</sup> Your lips are as sweet as nectar, my bride. Honey and milk are under your tongue. Your clothes are scented like the cedars of Lebanon. <sup>12</sup> You are my private garden, my treasure, my bride, a secluded spring, a hidden fountain.* [Song 4:10-12 \(NLT\)](#)

16. There are 3 things that bring excitement to a man: what he hears, what he sees, what he feels. Where do you see those 3 things in these verses?
17. What are some of the picturesque words Solomon uses? What senses are listed in these verses? What does that tell you about lovemaking?
18. “*You are my private garden...*” What does this imagery suggest about exclusivity and purity in marriage? Why is intimacy meant to be protected, not casual?
19. Chris said, “*Great sex takes great communication.*” For a married couple’s sex life to be fulfilling, they must talk. How can we be more open in our communication about sex with our spouse, when most have been ‘trained’ not to talk about it?
20. *With your Bible or Bible App, [read Song 4:16](#).*

*Awake, north wind! Rise up, south wind! Blow on my garden and spread its fragrance all around. Come into your garden, my love; taste its finest fruits.* [Song 4:16 \(NLT\)](#)

21. Twice before, the couple said, “Do not arouse or awaken love until the time is right.” Now, she says, “Awake.” The time is right. Sex is for joy and recreation within marriage. Why do you think God designed intimacy to include pleasure? How does seeing sex as God’s gift reshape shame or misunderstanding?
22. *With your Bible or Bible App, [read Song 5:1](#).*

*Oh, lover and beloved, eat and drink! Yes, drink deeply of your love!* [Song 5:1 \(NLT\)](#)

23. This is the only place God speaks in the book. What does it mean that God celebrates marital love? How does this verse challenge the idea that sex is unspiritual?

## MOVING FORWARD FOR COUPLES

God created intimacy, and He cares deeply about how it is experienced. Healthy intimacy is built on patience, preparation, tenderness, passion, trust, purity, and pleasure. Whether single or married, God invites you to honor His timing, pursue His design, and experience love as something sacred and deeply satisfying. The goal is not selfish pleasure—it is self-giving unity.

Honeymoons are great. But let's be honest, it's like trying on a new pair of shoes. Sometimes it takes a little while before you are totally comfortable.

Unfortunately, due in large part to our church culture, we are never trained to intentionally talk about our sexual needs and issues with our spouse. One would think talking about it is a given, but for most couples, it's an experience to be enjoyed but rarely discussed.

Whether you are fresh off your honeymoon or flirting with your 25th anniversary, take a risk; talk about sex with your spouse or your future spouse. Be honest about your dreams, your hopes, your passions, and your desires. God meant for this most sacred act to be enjoyed. Enjoyment comes through greater knowledge of your needs and your spouse's needs.

*Married Couples - Take a night out, or better yet, a weekend in a hotel room and ask these questions:*

- *What do we love about our sex life?*
- *(Each ask) How can I serve and love you better when it comes to intimacy?*
- *Is there anything I do that bothers you or you wish I would do differently?*
- *What are some desires that you have for our physical intimacy?*

## CHANGING YOUR MIND

*“Oh, lover and beloved, eat and drink! Yes, drink deeply of your love!”*

*Song 5:1 (NLT)*