



Book of Love

THE BOOK OF LOVE, PART 5: THE ART OF STAYING IN LOVE

Falling in love is easy. Staying in love is not. Most marriages don't collapse overnight—they slowly drift. Couples begin revolving around careers, kids, and responsibilities instead of each other. Somewhere along the way, two people who once couldn't wait to be together begin simply sharing space.

One of the biggest lies we believe is this: If I fall in love, then I will stay in love. But love doesn't sustain itself. It must be nurtured, protected, and pursued. So are you coasting—or are you cultivating?

BIG IDEA: You can fall in love overnight, but it takes a lifetime to stay in love.

DISCUSSION QUESTIONS

1. What's something in life that's exciting at first but requires discipline to maintain (fitness, friendships, finances, etc.)? How is marriage similar?
2. What is the best piece of advice you've heard about making a relationship last?
3. What has been the most impactful piece of advice from *Staying in Love* that you can apply to a current relationship (or a future relationship)?
4. *With your Bible or Bible App, [read Song 8:5](#).*

Who is this sweeping in from the desert, leaning on her lover? I aroused you under the apple tree, where your mother gave you birth, where in great pain she delivered you. [Song 8:5 \(NLT\)](#)

5. What does “leaning” communicate about their relationship at this later stage of life? How does this picture challenge the idea that romance fades over time?
6. Chris described love as painful—like labor pains. Why does real love require work?
7. *With your Bible or Bible App, [read Song 8:6-7](#).*

⁶ Place me like a seal over your heart, like a seal on your arm. For love is as strong as death, its jealousy as enduring as the grave. Love flashes like fire, the brightest kind of flame. ⁷ Many waters cannot quench love, nor can rivers drown it. [Song 8:6-7 \(NLT\)](#)

8. What does the image of a seal communicate about exclusivity and priority? What competes today for “seal-level” placement in marriages (career, hobbies, phones, friendships)?
9. What does it mean that love is “as strong as death”?
10. One of the ways Chris & Kim say to stay in love is by the continuing to pursue one another.

¹¹ I went down to the grove of walnut trees and out to the valley to see the new spring growth, to see whether the grapevines had budded or the pomegranates were in bloom. ¹² Before I realized it, my strong desires had taken me to the chariot of a noble man. [Song 6:11-12 \(NLT\)](#)

11. What does it say about this husband that he continues to “date” his wife? How can couples intentionally keep springtime alive in their relationship?
12. The husband praises specific, intimate details about his wife (*Song 7:1*). How does deeper knowledge strengthen affection over time? Why is it important to continue noticing and affirming your spouse?
13. Chris & Kim said, “If you think something good—say it.” [Read Proverbs 18:21](#).

The tongue can bring death or life; those who love to talk will reap the consequences. [Proverbs 18:21 \(NLT\)](#)

14. How do words either strengthen or poison a marriage? What's one life-giving sentence you could speak this week?
15. *With your Bible or Bible App, [read Song 7:11-12](#).*

¹¹ *Come, my love, let us go out to the fields and spend the night among the wildflowers.* ¹² *Let us get up early and go to the vineyards to see if the grapevines have budded, if the blossoms have opened, and if the pomegranates have bloomed. There I will give you my love.* [Song 7:11-12 \(NLT\)](#)

16. Why is carving out intentional time essential for staying in love? What practical obstacles keep couples from protecting this time?
17. If You Think Something Special—Do It. Why do we often judge ourselves by intentions but others by actions? What's one thoughtful action you could move from intention to reality this week?
18. If You Want Something Different—Be It. [Read Galatians 6:7-9.](#)

⁷ *Don't be misled—you cannot mock the justice of God. You will always harvest what you plant.* ⁸ *Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.* ⁹ *So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.* [Galatians 6:7-9 \(NLT\)](#)

19. How does sowing what you want to reap apply to marriage? What would change if you focused on becoming the spouse you desire instead of demanding it?
20. *"To get what you once had, you must do what you once did."* What's one thing you could begin doing again this week to intentionally pursue your spouse?

MOVING FORWARD

Love doesn't fade because feelings disappear—it fades because pursuit stops. Staying in love requires intentional words, purposeful time, deepening respect, growing trust, and physical tenderness. This week, choose one area—praise, time, service, or affection—and intentionally invest in it. Don't wait for your spouse to change first. Lead with love.

CHANGING YOUR MIND

Place me like a seal over your heart... for love is as strong as death.

Song 8:6 (NLT)