

MARRIAGE and ROMANCE
Emotions, Lotions, and Potions
Song of Solomon 2

Happy Valentine's Day!

Song of Solomon is a POETIC DESCRIPTION of HOLY, HUMAN LOVE.

*It is also a picture of God's intimate love for his people!

How do lovers TALK to one another?

*Read letter I wrote to Lisa

*Paraphrase **Song of Solomon 1:15-2:5 NASB**

These people are all LOVESICK! That is the emotional power of love. It feels so good and MYSTERIOUS. [That is why I titled this message Emotions, Lotion, and Potions!](#)

*But sadly, many couples LOSE that magic power of romance over time.

*Thankfully, you do not HAVE TO lose it.

*The Song of Solomon is not just POETRY; it is a description of lasting love.

KEY PASSAGE for HOLY ROMANCE: **Song of Solomon 2:10-14 NASB**

10 "My beloved responded and said to me, 'Arise, my darling, my beautiful one, and come along. 11 'For behold, the winter is past, the rain is over and gone. 12 The flowers have already appeared in the land; the time has arrived for pruning the vines, and the voice of the turtledove has been heard in our land. 13 The fig tree has ripened its figs, and the vines in blossom have given forth their fragrance. Arise, my darling, my beautiful one, and come along!'" 14 "O my dove, in the clefts of the rock, in the secret place of the steep pathway, let me see your form, let me hear your voice; for your voice is sweet, and your form is lovely."

*Your relationship is a GARDEN that must be worked and PRUNED.

*You will experience an unexpected series of STAGES and SITUATIONS

-Steep cliffs and rocky paths: **FIND the CLEFT in the Rock – JESUS!**

*There are different SEASONS in all relationships!

-Winter rains and spring flowers

NOTE: Spring time is when all seems well, but it is the best time to PRUNE the vines of your marriage.

*Don't wait until a CRISIS! Work on it when things are good!

***BLENDED FAMILY CONFERENCE – September 21**

***Marriage Works Class – Wednesday Night Life**

STAGES OF RELATIONSHIPS:

***Attraction – Alienation – Attachment**

-Read a portion of David Guzik's commentary on stages of relationship.

-Remember that these stages are REPEATED numerous times in marriage.

*There is a KEY VERSE that holds a crucial PRINCIPLE for keeping love alive through all of the stages and seasons of life: **Song of Solomon 2:15 KJV**

15 Take us the foxes, the little foxes that spoil the vines: for our vines [have] tender grapes.

*There are LITTLE FOXES that creep into your marriage that you must KILL!
-There are also BIG DRAGONS that come in as well:
ADULTERY, ABANDONMENT, ABUSE
-These little foxes can OPEN THE DOORS to these big dragons!

WHAT ARE THE LITTLE FOXES?

*Little foxes are the seemingly insignificant attitudes and actions that slip in and sabotage our relationships.

-Catching these foxes requires MUTUAL EFFORT! "Catch us . . ."

*Your spouse cannot SEE what is going on in your mind and heart.

*This requires mutual COMMUNICATION.

-Let each other know what is eating your "LOVE BUDS."

*Today, I want to focus on ONE LITTLE FOX that takes on several FORMS: **APATHY!**

-This seems like no big deal because it is the ABSENCE of something!

-Marriage is WORK, and apathy is too LAZY and stupid to work!

Apathy is a LACK of PURSUIT. Song of Solomon 2:3-5; 2:8-9, 14 NASB

Apathy is the failure to spend time ALONE with one another. **[See 2:10]**

*Watch out: Kids/Job/Hobbies can all become EXCUSES!

Apathy is the SURRENDER of EXCLUSIVE DESIRE.

*You are your spouse's ONLY source of LEGITIMATE romantic love.

-Are you KEEPING that vow in your heart?

-BEWARE of the LOSS of MARGIN in your relationships = OPEN DOORS!

*Importance of ENVIRONMENTAL ACCOUNTABILITY

[Glass door/secretary in my office/pictures of my wife]

*Keep love alive by demonstrating EXCLUSIVE PREFERENCE for one another!

Song of Solomon 2:2-3 NASB

-Do this by guarding a SINGULAR FOCUS: **Song of Solomon 1:15 NASB**

15 "How beautiful you are, my darling, how beautiful you are! Your eyes are like doves."

*Wives: Can you say this of your HUSBAND? [My struggle and my joy!]

-Are you protecting your EYES and your MIND?

Apathy is the failure to HONOR your spouse with your WORDS.

Song of Solomon 2:5 NASB

4 "He has brought me to his banquet hall, and his banner over me is love.

*Honor is the choice to give value and weight to a person.

-Is a CHOICE, not a FEELING!

*Is most clearly revealed by failure to give PRIVATE RESPECT and PUBLIC PRAISE.

*Honor understands the power of our WORDS.

-How we talk ABOUT one another. (In front of our kids/our friends/etc.)

-How we talk TO one another.

Gentle words – Power to heal/restore

Harsh words – Power to crush the spirit

Encouraging words – Power to inspire/challenge

Too many words – Power to NUMB!

Honest words – Power to disarm/remove barriers

Dishonest words – Power to wound/kill - "As one who throws knives

*No one FORCES you to use the words that YOU CHOOSE TO USE!

*When you ABUSE your spouse verbally, you are abusing YOUR SELF!

The value of REJECTING APATHY and RESTORING HONOR: **SECURITY!**

Song of Solomon 2:16a NASB

16 "My beloved is mine, and I am his!

*Do you WANT security and joy in your marriage this year? Kill the foxes!

NOTES FROM COMMENTARY BY DAVID GUZIK:

i. According to Dr. Jeffrey Schloss, there is a brain hormone that mediates the feeling of being in love or infatuation. One of these neurotransmitters is known as *phenethylamine*, and it floods our brain when we fall in love (it is also in fairly high quantities in chocolate). This chemical gives us feelings of exhilaration and thrill and well-being, and in high amounts can lead to a loss of appetite. This chemical works somewhat in a cycle, at least in a relationship. At the beginning of the relationship it spikes up; after four or five years it begins to decline. Across cultures there is spike in the rate of divorce at about 4.5 years of marriage.

ii. This leads some scientists to say that we are made for monogamy, but only in the sense of one partner at a time, and then changing partners every five years or so. Yet Dr. Schloss says that we know this is not true. In the brain there are completely different pathways, with completely different chemical mediators. These begin to form at about the four-year point in a relationship, and they contribute to different feelings. Instead of feelings of thrill and "I can't eat," they are feelings of deep contentment and gratitude. One of the chemicals that mediates these feeling is *oxytocin*, which is the same chemical related to the bonding of a mother together with her infant.

iii. Some suggest that relationships have two major phases: *attraction* and *attachment*. The attraction phase is powerful, and the kind of condition that makes one say, "**I am lovesick.**" Yet the key to a long-term fulfilling relationship is staying with it past the *attraction* phase into the *attachment* phase. There are some counselors who devote almost their entire counseling practice trying to help what they call "love junkies"; people who are so addicted to the *phenethylamine* phase that they bounce from relationship rush to relationship rush without ever really coming into a greater, longer lasting relationship fulfillment.

iv. One could say that we are engineered for the longer lasting *attachment* phase, and the *attraction* phase is meant to be a portal into the attachment phase, and not something unto itself. The good news is that as a relationship moves into the attachment phase, the attraction phase recycles, and long-married couples often experience the sense of falling in love all over again - several times through their marriage.