



REDEMPTION  
CITY CHURCH

## DEFENDING YOUR MARRIAGE.

Song of Solomon 7-8

The Pursuit of Intimacy  
MAY 26, 2024



The 3 F's to becoming spontaneous & pursuing intimacy in your marriage:

F \_\_\_\_\_, F \_\_\_\_\_, F \_\_\_\_\_.

Scan here to download your  
MARRIAGE LOVE MAPS.



**Sticky Statement:** *Intimacy will never happen by chance ...  
you have to choose it!*

"As for you, you were dead in your transgressions and sins,<sup>2</sup> in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.<sup>3</sup> All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts." Eph. 2:1-2

"That is why a man leaves his father and mother and is united to his wife, and they become one flesh." Genesis 2:24

United = "dabaq"= means "to cling or to adhere, to catch by pursuit." or "to pursue with affection and devotion."

## THERE ARE 3 HABITS THAT CAN HELP YOU PURSUE INTIMACY IN MARRIAGE:

### 1. WHEN YOU THINK OF SOMETHING GOOD- \_\_\_\_\_.

"How beautiful your sandaled feet, O prince's daughter! Your graceful legs are like jewels, the work of an artist's hands.<sup>2</sup> Your navel is a rounded goblet that never lacks blended wine. Your waist is a mound of wheat encircled by lilies."

"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you." Ephesians 2:29-TLB

**Couples' Challenge:** "I love you because..."

### 2. WHEN YOU THINK OF SOMETHING SPECIAL- \_\_\_\_\_.

**Two types of special acts to do: BE INTENTIONAL & SPONTANEOUS**

"Come, my beloved, let us go to the countryside, let us spend the night in the villages. if their blossoms have opened, and if the pomegranates are in bloom—there I will give you my love." V11-12

Sex in marriage is NOT something I HAVE...or that WE DO.  
Sex is something I SHARE!

### 3. IF YOU WANT SOMETHING DIFFERENT- \_\_\_\_\_.

**You be what's different and commit to Becoming the ONE  
ANOTHER's of the bible for your marriage.**

Acceptance: Romans 15:7

"Accept one another as Christ Jesus has accepted you..."

Affection... Romans 16:16

"Greet one another with a holy kiss."

Support ... Galatians 6:2 ...

Carry each other's burdens, and in this way you will fulfill the law of Christ."

Encouragement... Hebrews 10:24

"And let us consider how we may spur (encourage) one another toward love and good deeds."

"Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame.<sup>7</sup> Many waters cannot quench love; rivers cannot sweep it away..." Song of Solomon 8:6-7

**To get what you once had, you must do what you once did. If you don't like what you're getting, LOOK at what you're giving!**

**DO THE WORD: Genesis 2:24**

**"and they become one flesh."**

Who do I need to become MORE of in my marriage?

(take the Relational Needs Assessment)

<https://redemptioncity.church/resources#relationships>

What is ONE THING you can do this week to close the intimacy gap?

What HABIT will you put into action this week so that you can pursue your spouse?

When you think of something good—SAY IT!

When you think of something special—DO IT!

If you want something different—BE IT!