

A hallway with a dark wood floor and patterned wallpaper. A row of seven doors is visible, with the central door highlighted in yellow. The text "WISDOM YOUR CHOICE" is overlaid on the floor.

WISDOM
YOUR **CHOICE**

God's Plan for Marital Intimacy

Song of Solomon

v. 1 "The Song of Songs, which is Solomon's."

"Therefore a man shall leave his father and his mother and hold fast (or cleave) to his wife, and they shall become one flesh." Genesis 2:24

WISDOM: YOUR CHOICE

Quick overview:

- A. The Courtship – Preparing to LEAVE and CLEAVE (1:2-3:5)
- B. The Wedding – LEAVING (3:6-5:1)
- C. The Marriage - CLEAVING (5:2-8:14)

WISDOM: YOUR CHOICE

A. The Courtship – Preparing to LEAVE and CLEAVE (1:2-3:5)

The engagement period is a very important time to prepare for marriage.

WISDOM: YOUR CHOICE

House of Marriage

Life Together

Enjoy Physical Relationship

Children/Family

Ministry

Employment

Finances

Challenges

Emotional Connection

>Use heart-focused communication.

>Caring and meeting each other's emotional needs.

(Ephesians 5:29-33; 1 Peter 3:7)

>Caring for each other's emotional pain. (1 John 4:18-19)

Spiritual Connection

>Praying together. (Matthew 18:20)

>Read God's Word together. (Psalm 119:105; Hebrews 4:12)

>Prioritize God in your relationship. (Philippians 3:8-10)

>Grow in Christ together. (Jeremiah 9:23-24; Hebrew 12:1-2)

- Focus on building a spiritually connected relationship.
 - Praying together. (Matthew 18:20)
 - Read God's Word together. (Psalm 119:105; Hebrews 4:12)
 - Prioritize God in your relationship. (Philippians 3:8-10)
 - Grow in Christ together. (Jeremiah 9:23-24; Hebrew 12:1-2)

WISDOM: YOUR CHOICE

- Focus on building an emotionally connected relationship.
- Use heart-focused communication.
- Caring and meeting each other's emotional needs.
(Ephesians 5:29-33; 1 Peter 3:7)
- Caring for each other's emotional pain. (1 John 4:18-19)

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- Protect your future physical relationship.
 - Violating God's moral standards will damage the future marriage relationship.
 - If you are not married yet, put safeguards in place to protect yourself and your future marriage relationship.

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B. The Wedding – LEAVING (3:6-5:1)

A wedding is...

- An event to be celebrated. (Psalm 45)
- When the physical (sexual) relationship begins.
(1 Corinthians 7:3-5, Hebrews 13:4)

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C. The Marriage - CLEAVING (5:2-8:14)

- Understand there will be conflicts. (5:2-6:3)
- Understand how to resolve conflicts. (6:4-13)
 - No one intuitively knows the right way to resolve conflicts.
 - We can learn skills to help us resolve conflicts.

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A Plan for Resolving Conflict:

1. Stop and pray! (James 4:6; 1 Peter 5:5)
2. One at a time, explain your thoughts and feelings.
3. Ask non accusatory questions to help you understand.
4. Don't defend yourself. Don't make excuses.
5. Accept responsibility for your part in the conflict.
6. Care about your spouse and seek to understand his/her feelings.
7. Apologize and ask forgiveness.
8. Forgive your spouse.
9. Pray again and ask Jesus to help you both grow and learn from this experience.

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➤ Continue to mature and grow together (7:1-8:14)

God never wants us to be complacent in our relationship with Him or our marriage relationship.

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A Plan to Build Continuing Growth in Marriage

- Pray together every day.
- Prioritize time together every day to share thoughts, feelings, and struggles.
- Do random acts of kindness for each other.
- Discuss your physical relationship and how it can be satisfying to both spouses.
- Guard your marital relationship.
- Make decisions together.
- Be humble enough to seek godly counsel to resolve deep issues.

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- Marriage is important to God. (Ephesians 5:25-33)
- Never stop valuing your marriage and your spouse!

- **What is one thing God wants you to apply to life this week?**
- **If you are married, how does God want you to value your spouse this week?**

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