

Many women struggle with their body image.

1. Be a good steward of your body.
2. Eat the right stuff.
3. Get exercise.
4. Make a sincere effort to be attractive to your spouse.

HOMEWORK: Guys and Gals, ask each other what your spouse likes you to dress? What in your wardrobe does your spouse find repulsive?

Tell me, you whom my soul loves, where you pasture your flock, where you make it lie down at noon; for why should I be like one who veils herself beside the flocks of your companions? Song of Solomon 1:7 (ESV)

HOMEWORK: Gals, text your husband with “I was reading the Song of Solomon. I want to apply what I learned. Can we meet over your lunch hour?”

Q&A with Kurt and Cindy

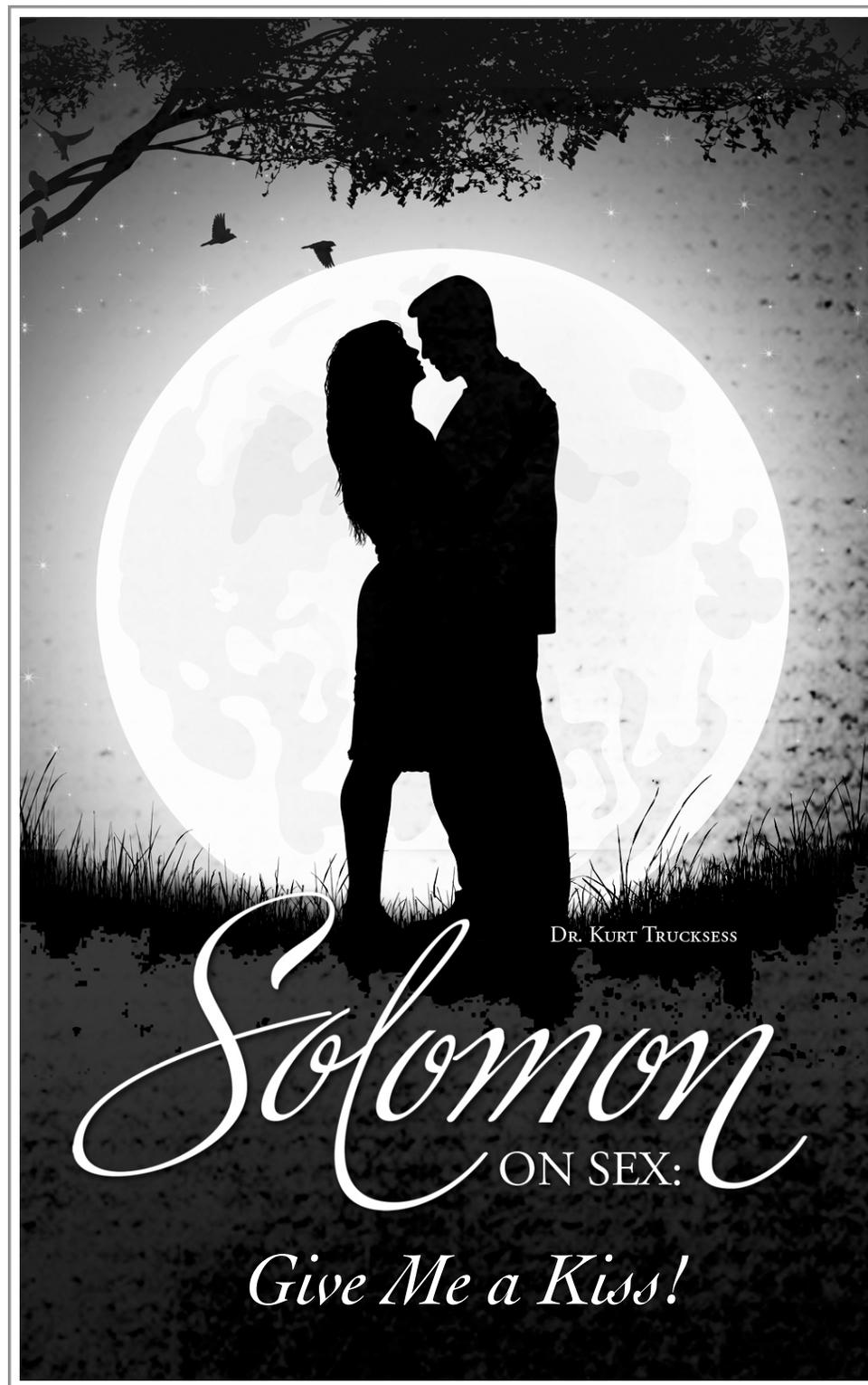
Check www.SOLOMONonSEX.com for more Q&A each week

All teaching material is available online at www.christ2Rculture.com

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January 22: Solomon on Sex - Kill 'em with Compliments

January 29: Solomon on Sex - Communicate



Faith Church - EFCA

January 15, 2012

Song of Solomon 1:1-8



Background on the Song of Solomon

Why are we studying this book?

1. The church desperately needs to hear the truth about sex, love and marriage.
2. Silence on sex is sinful.
3. To not study this book, because it doesn't feel spiritual enough, is to say some parts of the Bible are more important than others.

How is this book put together?

1. There are three main characters - Solomon, the Shulamite and the chorus.
2. It is called the Song of Songs because it went Platinum.
3. It is a *lyric idyll* - It is collection of poetic snapshots put together like a photo album.

Why listen to Solomon on marriage?

1. I believe the Song of Solomon was written early in Solomon's reign before he fell into lust.
2. We need to remember that God can use us in spite of our weaknesses, not just because of our strengths.
3. We need to remember God is the one who put this book in the Bible, not Solomon.

Guess who plays offense, not defense?

The Text the Song of Solomon

She wants a kiss.

Let him kiss me with the kisses of his mouth! Song of Solomon 1:2a (ESV)

...For your love is better than wine; Song of Solomon 1:2 (ESV)

your anointing oils are fragrant; Song of Solomon 1:3 (ESV)

HOMEWORK: *Guys, ask your wife if there is anything you need to improve on to help make you more attractive to her.*

...your name is oil poured out; therefore virgins love you. Song of Solomon 1:3 (ESV)

HOMEWORK: *Guys, ask your wife if there is anything in your character she finds unattractive.*

Draw me after you; let us run. The king has brought me into his chambers. Song of Solomon 1:4 (ESV)

HOMEWORK: *Guys, draw your wife in. Text her. Surprise her. Give her something to look forward to.*

A word from the friends.

We will exult and rejoice in you; we will extol your love more than wine; rightly do they love you. Song of Solomon 1:4 (ESV)

She doesn't like the way she looks.

I am very dark, but lovely, O daughters of Jerusalem, like the tents of Kedar, like the curtains of Solomon. Do not gaze at me because I am dark, because the sun has looked upon me. My mother's sons were angry with me; they made me keeper of the vineyards, but my own vineyard I have not kept! Song of Solomon 1:5-6 (ESV)