

SONG OF

**A book
in the Bible**

**about your
love life.**



SOLOMON

A BOOK IN THE BIBLE ABOUT YOUR LOVE LIFE





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LETTER FROM PASTOR JOBY



How good is our God that He would give us a book in the Bible about our love life?

The Song of Solomon is a series of songs between Solomon and the Shulamite woman (from Shulem).

While Solomon composed 1,005 songs, he named this one “The Song of Songs,” meaning a very excellent song, or the most surpassing of all his songs.

Whether you have a love life, had a love life, or want a love life, there is truth in this book in the Bible for you to apply for God’s glory.

For ten weeks, we will read Song of Solomon verse by verse and lean into God’s Word on what it means to be a godly man or woman.

Please use this study journal as a tool to dive deeper into God’s Word with us each week during this series.

*– Pastor Joby Martin
and The Church of Eleven22*



WEEK 1: THE MAN

NOTES

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

SHE

² Let him kiss me with the kisses of his mouth!

For your love is better than wine;

³ your anointing oils are fragrant;

your name is oil poured out;

therefore virgins love you.

⁴ Draw me after you; let us run.

The king has brought me into his chambers.

OTHERS

We will exult and rejoice in you;

we will extol your love more than wine;

rightly do they love you.

SHE

⁵ I am very dark, but lovely,

O daughters of Jerusalem,

like the tents of Kedar,

like the curtains of Solomon.

⁶ 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!

⁷ 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?

HE

⁸ If you do not know,

O most beautiful among women,

follow in the tracks of the flock,

and pasture your young goats

beside the shepherds' tents.

⁹ I compare you, my love,

to a mare among Pharaoh's chariots.

¹⁰ Your cheeks are lovely with ornaments,

your neck with strings of jewels.



¹¹ We will make for you ornaments of gold,
studded with silver.

¹² While the king was on his couch,
 my nard gave forth its fragrance.
¹³ My beloved is to me a sachet of myrrh
 that lies between my breasts.
¹⁴ My beloved is to me a cluster of henna
 blossoms
 in the vineyards of Engedi.

¹⁵ Behold, you are beautiful, my love;
behold, you are beautiful;
your eyes are doves.

16 Behold, you are beautiful, my beloved,
truly delightful.
Our couch is green;
17 the beams of our house are cedar;
our rafters are pine.

2 I am a rose of Sharon,
a lily of the valleys.

² As a lily among brambles,
so is my love among the young women.

3 As an apple tree among the trees of
the forest,
so is my beloved among the young men.
With great delight I sat in his shadow,
and his fruit was sweet to my taste.
4 He brought me to the banqueting house,
and his banner over me was love.
5 Sustain me with raisins;
refresh me with apples,
for I am sick with love.
6 His left hand is under my head,
and his right hand embraces me!



NOTES

⁷ I adjure you, O daughters of Jerusalem,
by the gazelles or the does of the field,
that you not stir up or awaken love
until it pleases.

⁸ The voice of my beloved!
Behold, he comes,
leaping over the mountains,
bounding over the hills.

⁹ My beloved is like a gazelle
or a young stag.
Behold, there he stands
behind our wall,
gazing through the windows,
looking through the lattice.

¹⁰ My beloved speaks and says to me:
“Arise, my love, my beautiful one,
and come away,

¹¹ for behold, the winter is past;
the rain is over and gone.

¹² The flowers appear on the earth,
the time of singing has come,
and the voice of the turtledove
is heard in our land.

¹³ The fig tree ripens its figs,
and the vines are in blossom;
they give forth fragrance.
Arise, my love, my beautiful one,
and come away.

¹⁴ O my dove, in the clefts of the rock,
in the crannies of the cliff,
let me see your face,
let me hear your voice,
for your voice is sweet,
and your face is lovely.

¹⁵ Catch the foxes for us,
the little foxes
that spoil the vineyards,
for our vineyards are in blossom.”



—SONG OF SOLOMON 1:1-2:15

THE POINT

¹³ Be watchful, stand firm in the faith, act like men, be strong. ¹⁴ Let all that you do be done in love.

—1 CORINTHIANS 16:13-14



15 CHARACTERISTICS OF A GODLY MAN

1. He is a man of Christ-like character. (vs. 1:3)
2. He has a good reputation. (vs. 1:3)
3. He is approved of by her friends and family. (vs. 1:4)
4. He values her. (vs. 1:9)
5. He speaks kindly to her. (vs. 1:10)
6. He pursues her. (vs. 1:11)
7. He focuses on her eyes. (vs. 1:15)
8. He is financially secure. (vs. 1:17)
9. He improves her. (vs. 2:1)
10. He is consistent (with his words). (vs. 2:2)
11. He makes her feel safe. (vs. 2:3)
12. He is proud of her in public. (vs. 2:4)
13. He sets the sexual standard. (vs. 2:7)
14. He grows the relationship through dating. (vs. 2:14)
15. He leads through conflict. (vs. 2:15)

FOR REFLECTION

FOR MEN

1. Which of the godly characteristics listed on page 7 do you demonstrate?

2. What needs to change for you to pursue these characteristics?

09

3. Consider asking a close friend or family member their thoughts on which characteristics you demonstrate.

FOR WOMEN

1. How can you be an encouragement to the men in your life as they cultivate godly characteristics?

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2. How can you pray for the men in your life?

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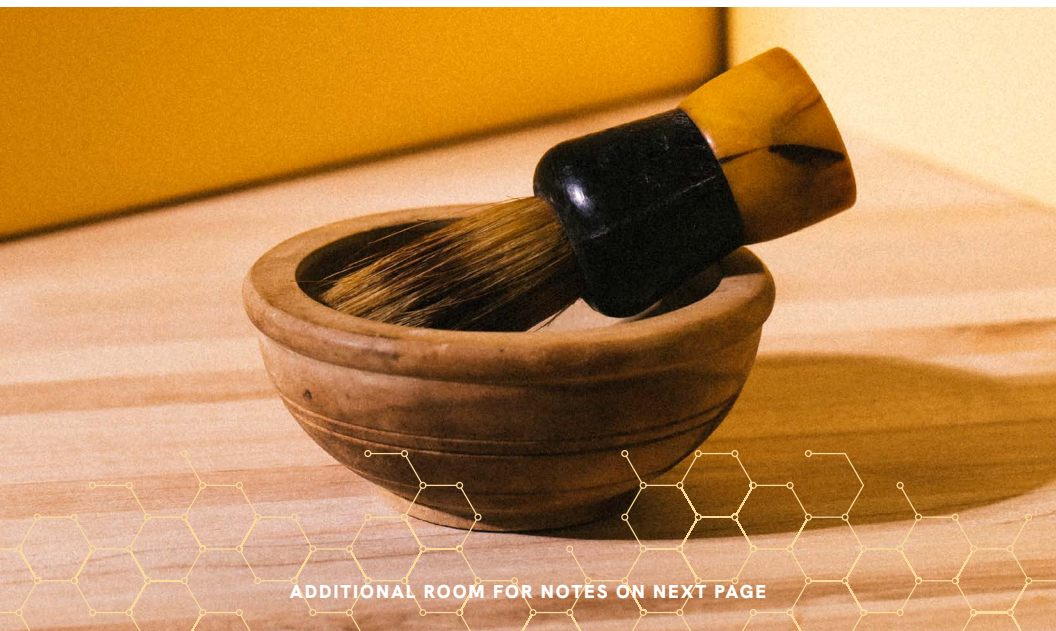
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WEEK 2: THE WOMAN

NOTES

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

SHE

² Let him kiss me with the kisses of his mouth!

For your love is better than wine;

³ your anointing oils are fragrant;

your name is oil poured out;

therefore virgins love you.

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where you make it lie down at noon;

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your neck with strings of jewels.



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NOTES

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leaping over the mountains,
bounding over the hills.

⁹ My beloved is like a gazelle
or a young stag.
Behold, there he stands
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gazing through the windows,
looking through the lattice.

¹⁰ My beloved speaks and says to me:
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and come away,

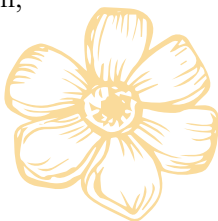
¹¹ for behold, the winter is past;
the rain is over and gone.

¹² The flowers appear on the earth,
the time of singing has come,
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is heard in our land.

¹³ The fig tree ripens its figs,
and the vines are in blossom;
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Arise, my love, my beautiful one,
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let me hear your voice,
for your voice is sweet,
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¹⁵ Catch the foxes for us,
the little foxes
that spoil the vineyards,
for our vineyards are in blossom.”



THE POINT

Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.

—*PROVERBS 31:30*



CHARACTERISTICS OF A GODLY WOMAN

1. A holy woman has surrendered to the lordship of Christ and is being sanctified by His grace.
 - A relationship with Jesus is the foundation of knowing one's identity in Christ.
2. A "hot" woman knows that a woman's beauty does not come from the world's standards or gimmicks, but beauty is far more than an outward appearance.
 - A woman who fears the Lord, knows her identity in Jesus, and humbly walks out that confidence is far more precious than jewels.
3. A humble woman is more concerned about the kingdom of God than herself.
 - She is willing to serve others and knows her strength comes from the Lord.
4. A hardworking woman strives to further the kingdom and honor God with her talents and abilities.
 - She is not idle, but perseveres through storms and trusts that God will never fail.

FOR REFLECTION

FOR WOMEN

1. How are you cultivating the godly characteristics listed on page 17 in your own life?

2. How can you encourage other women to live godly lives?
How can you lead other women in godliness?

3. Consider asking a close friend or family member their thoughts on which characteristics you demonstrate.

FOR MEN

1. How can you foster an environment for the women in your life to cultivate these characteristics? How can you lead well?

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WEEK 3: DATING

NOTES

- ⁸ The voice of my beloved!
Behold, he comes,
leaping over the mountains,
bounding over the hills.
- ⁹ My beloved is like a gazelle
or a young stag.
Behold, there he stands
behind our wall,
gazing through the windows,
looking through the lattice.
- ¹⁰ My beloved speaks and says to me:
“Arise, my love, my beautiful one,
and come away,
- ¹¹ for behold, the winter is past;
the rain is over and gone.
- ¹² The flowers appear on the earth,
the time of singing has come,
and the voice of the turtledove
is heard in our land.
- ¹³ The fig tree ripens its figs,
and the vines are in blossom;
they give forth fragrance.
Arise, my love, my beautiful one,
and come away.
- ¹⁴ O my dove, in the clefts of the rock,
in the crannies of the cliff,
let me see your face,
let me hear your voice,
for your voice is sweet,
and your face is lovely.
- ¹⁵ Catch the foxes for us,
the little foxes
that spoil the vineyards,
for our vineyards are in blossom.”
- ¹⁶ My beloved is mine, and I am his;
he grazes among the lilies.
- ¹⁷ Until the day breathes
and the shadows flee,
turn, my beloved, be like a gazelle
or a young stag on cleft mountains.



A hand holding a pen, writing on a blue background with a hexagonal pattern. The hand is positioned in the upper right corner, and the pen is pointing towards the center. The background is a solid blue color with a faint, repeating pattern of hexagons. The text is written in a white, sans-serif font.

THE POINT

Our world's way of dating is hook up,
shack up, break up, repeat. **God's way**
is pursue, progress, propose. Period.

A decorative border consisting of a series of connected hexagons in a light blue color. The hexagons are arranged in a horizontal line, with some hexagons slightly offset from the others, creating a zigzag pattern. The border is located at the bottom of the page, below the text.

NOTES

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ACTION STEP

Talk with your spouse or significant other about what a meaningful date looks like and schedule a date.



TIPS FOR DATING

- Plan for it - put it on the calendar.
- Prepare - know your date's likes and dislikes, get a babysitter, make a reservation, etc.
- Date with a purpose - put your phones away and remove distractions.
- Engage in intentional conversation - listen to hear.

DATE IDEAS

Dollar signs represent budget level

- Take a cooking class together. \$\$\$
- Go to a local arts market or flea market. \$
- Go for a walk on the beach or in a park.
- Play a sport or game.
- Have a picnic somewhere new. \$
- Go to a thrift store and style each other with what you find. \$
- Go fishing. \$
- Recreate your first date. \$\$

CONVERSATION STARTERS

- If you could go anywhere in the world where would you go and why?
- What is a good childhood memory you have?
- What do you love about your hometown?
- When you are down, what makes you feel better?
- What's your most memorable birthday?
- What song would you sing at karaoke?
- What was the last new thing you learned or tried?
- If you could have a superpower what would it be and why?

FOR REFLECTION

TO THOSE THAT ARE SINGLE

1. What does God's way of dating tell us about His character?

2. Why is marriage the purpose of dating? How does that affect the way you view dating?

3. How are you preparing yourself to date in a God-glorifying way?

4. Who do you have in your life to hold you accountable while you are dating?

TO THOSE THAT ARE MARRIED

1. Why is it important to date your spouse?

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2. What are some practical ways you can incorporate dating into your marriage?

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3 On my bed by night

I sought him whom my soul loves;

I sought him, but found him not.

2 I will rise now and go about the city,
in the streets and in the squares;

I will seek him whom my soul loves.

I sought him, but found him not.

3 The watchmen found me
as they went about in the city.

“Have you seen him whom my soul loves?”

4 Scarcely had I passed them
when I found him whom my soul loves.

I held him, and would not let him go

until I had brought him into my

mother’s house,

and into the chamber of her who

conceived me.

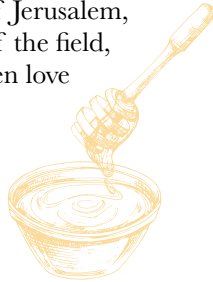
5 I adjure you, O daughters of Jerusalem,

by the gazelles or the does of the field,

that you not stir up or awaken love

until it pleases.

—SONG OF SOLOMON 3:1-5



THE POINT

Flee sexual immorality. You are not your own; you were bought with a price, so glorify God in your body.

(SEE 1 CORINTHIANS 6:18-20)

NOTES

33

THE POINT

Flee sexual immorality. You are not your own; you were bought with a price, so glorify God in your body.

(SEE 1 CORINTHIANS 6:18-20)

NOTES

33

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THE POINT

Flee sexual immorality. You are
not your own; you were bought with a
price, so glorify God in your body.

(SEE 1 CORINTHIANS 6:18-20)

NOTES

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PURSUING PURITY

1. Write the Word of God on your heart. (*Hebrews 4:12*)

The more that we have Scripture in our hearts and minds, the more we understand that our value and satisfaction are in Jesus and not in the things of this world.

2. Do not play with fire. (*Matthew 26:41*)

If we put ourselves in tempting situations, we are setting ourselves up to fall. Be intentional about where you go and what you do.

3. Guard your eyes. (*Matthew 6:22-23*)

The images that we take in eventually influence what we think and do.

4. Lead your family and friends. (*Deuteronomy 6:4-8*)

Intentional conversations about purity can produce more accountability and authenticity. Let God's truth be louder than the rest of the world in the lives of your family and friends.

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ACTION STEP

Pursue purity in your life.

Check out sexual integrity resources
at **coe22.com/resources.**

FOR REFLECTION

1. Why does God tell us to flee sexual immorality?

2. In what ways do you treat your body as if it were your own and not God's? What needs to change so that you honor God with your body?

3. What guardrails do you have or need to establish to protect yourself and others from sexual temptation? *(A guardrail is a practical rule or boundary we set up to protect ourselves from a slippery slope into sin.)*





WEEK 5: THE VOW

NOTES

- ⁶ What is that coming up from the wilderness
like columns of smoke,
perfumed with myrrh and frankincense,
with all the fragrant powders of a merchant?
- ⁷ Behold, it is the litter of Solomon!
Around it are sixty mighty men,
some of the mighty men of Israel,
- ⁸ all of them wearing swords
and expert in war,
each with his sword at his thigh,
against terror by night.
- ⁹ King Solomon made himself a carriage
from the wood of Lebanon.
- ¹⁰ He made its posts of silver,
its back of gold, its seat of purple;
its interior was inlaid with love
by the daughters of Jerusalem.
- ¹¹ Go out, O daughters of Zion,
and look upon King Solomon,
with the crown with which
his mother crowned him
on the day of his wedding,
on the day of the gladness of his heart.



—SONG OF SOLOMON 3:6-11

A background image of a couple holding hands, overlaid with a brown gradient and a decorative hexagonal pattern at the bottom.

THE POINT

Marriage is a covenant not a contract.

A contract says, "If you...then I..."

A covenant says, "No matter what, I DO."

A decorative horizontal band featuring a repeating pattern of interconnected hexagons and lines, resembling a molecular or geometric structure.

NOTES

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A contract says, "If you...then I..."

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NOTES

ACTION STEP

If you're not married but desire to be,
pray the Holy Spirit would help you to wait
well as you trust in God's timing.

If you are married, go home and look through
your wedding photo album or watch your wedding
day video. Talk about memories from that day
and remember why you married each other.
Set time aside to pray intentionally for and with
your spouse. Use the following prayer prompts to
pray specifically for your marriage this week.



PRAYER PROMPTS

Prompt 1: Take time to sit in God's deep love for you. Thank Him for the health of your marriage and/or soak in His compassion for you in any areas of hurt. Ask Him to show you steps toward healing and forgiveness and know that He is faithful to work all things for your good.

Prompt 2: Pray for the Holy Spirit's wisdom and guidance as you continue to work toward the abundant marriage God intends for you. Seek daily to follow the Holy Spirit's leading.

Prompt 3: Pray for patience and wonder as you seek to know each other deeply and for ears to hear each other's hearts without judgment.

Prompt 4: Pray for joy to continuously enter and grow in your marriage - a deep, passionate joy that can only come from an intimate relationship with Jesus Christ.

Prompt 5: Pray for the strength that comes only from Christ to reflect God's overwhelming love to your spouse despite challenges and circumstances. Husbands, love your wife as Christ loves the church and wives, respect and honor your husband as a way to glorify God.

Prompt 6: Pray for clear communication in your marriage, seeking conviction by the Holy Spirit to speak only words that are uplifting and encouraging. Pray for grace in your speech - both in everyday conversation and in times of conflict. Pray that your words be tempered with kindness, love and encouragement.

Prompt 7: Pray that your marriage honors God as the one thing that drives everything, including your communication, finances and service to others and that your marriage covenant demonstrates Christ's love to those around you.

FOR REFLECTION

TO THOSE THAT ARE MARRIED

1. What does the covenant of marriage tell us about God?
(Think about His faithfulness to His covenant with us.)

2. Are you and/or your spouse viewing your marriage as a covenant or a contract? How so?

3. What unrealistic or unnamed expectations do you have of your spouse/marriage?

4. In what ways are you serving your spouse?

TO THOSE THAT ARE NOT MARRIED

- 1. What does the covenant of marriage tell us about God?
(Think about His faithfulness to His covenant with us.)

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- 2. How are you honoring your word and your commitments right now? (These can be signs whether you are ready to enter into a marital covenant with a future spouse.)

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- 3. How do you serve others in your current relationships?

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- 4. What expectations do you have about marriage?
Are these going to hinder or help?

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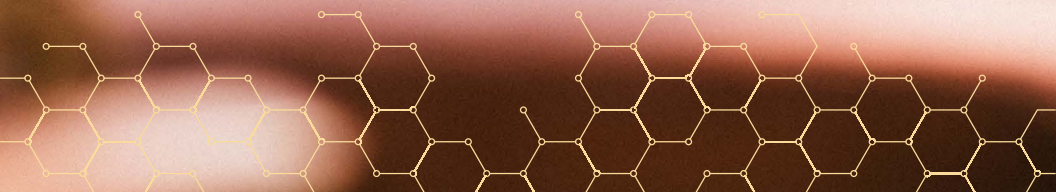
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WEEK 6: THE HONEYMOON

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HE

- 4 Behold, you are beautiful, my love,
behold, you are beautiful!
Your eyes are doves
behind your veil.
Your hair is like a flock of goats
leaping down the slopes of Gilead.
- 2 Your teeth are like a flock of shorn ewes
that have come up from the washing,
all of which bear twins,
and not one among them has lost its young.
- 3 Your lips are like a scarlet thread,
and your mouth is lovely.
Your cheeks are like halves of a pomegranate
behind your veil.
- 4 Your neck is like the tower of David,
built in rows of stone;
on it hang a thousand shields,
all of them shields of warriors.
- 5 Your two breasts are like two fawns,
twins of a gazelle,
that graze among the lilies.
- 6 Until the day breathes
and the shadows flee,
I will go away to the mountain of myrrh
and the hill of frankincense.
- 7 You are altogether beautiful, my love;
there is no flaw in you.
- 8 Come with me from Lebanon, my bride;
come with me from Lebanon.
Depart from the peak of Amana,
from the peak of Senir and Hermon,
from the dens of lions,
from the mountains of leopards.
- 9 You have captivated my heart, my sister,
my bride;
you have captivated my heart with one
glance of your eyes,
with one jewel of your necklace.



How much better is your love than wine,
and the fragrance of your oils than
any spice!

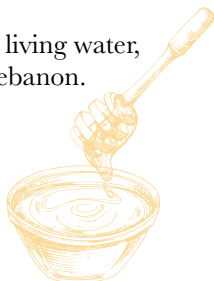
¹² A garden locked is my sister, my bride,
a spring locked, a fountain sealed.

¹³ Your shoots are an orchard of pomegranates
with all choicest fruits,
henna with nard,

¹⁴ nard and saffron, calamus and cinnamon,
with all trees of frankincense,
myrrh and aloes,
with all choice spices—

¹⁵ a garden fountain, a well of living water,
and flowing streams from Lebanon.

¹⁶ Awake, O north wind,
and come, O south wind!
Blow upon my garden,
let its spices flow.



Let my beloved come to his garden,
and eat its choicest fruits.

5 I came to my garden, my sister, my bride,
I gathered my myrrh with my spice,
I ate my honeycomb with my honey,
I drank my wine with my milk.

Eat, friends, drink,
and be drunk with love!

—SONG OF SOLOMON 4:1-5:1



THE POINT

The key to great sex
is being a great servant
of your spouse.



There isn't a magic recipe, formula or prescription for how to have great sex with your spouse. However, there are some key principles in Scripture that can guide us in loving our mate the way God intended and cultivating an environment for intimacy.

PRINCIPLE #1: INTIMACY WITH JESUS

Your love for your spouse can only be as strong as your relationship with God. Growing in intimacy with the Lord produces fruit in your marital intimacy. (1 John 4:7)

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PRINCIPLE #2: SERVE YOUR SPOUSE

Sexual intimacy is the ultimate expression of the oneness that a husband and wife share in all areas of life. This unity is achieved as they mutually submit to one another out of reverence for Christ. (Ephesians 5:22-33)

PRINCIPLE #3: PURSUE PURITY

Within the context of marriage, there is creativity and freedom in sex. However, sexual immorality (infidelity, pornography, wandering thoughts, etc.) defies God's perfect design for sex and will kill the intimacy in your relationship. (Hebrews 13:4)

A NOTE ABOUT SEXUAL HEALING: Because we live in a broken world, we have been impacted by some sort of sexual perversion in our life; a twisting of God's original design for sex. It could have been abuse, a traumatic sexual experience, a visual you saw or something you heard as a young child. Only your heavenly Father can heal these deep wounds and He does so in many ways. Ask God to reveal any wounds you may have from your past regarding sexual immorality or perversion and ask Him to heal them so that you can lead a life of sexual integrity. If needed, professional counseling can be a gift from God in your life. Check out coe22.com/care for a list of recommended counselors.

FOR REFLECTION

TO THOSE THAT ARE MARRIED

1. Is there anything in your relationship with Jesus that is holding you back from having a great sex life with your spouse?

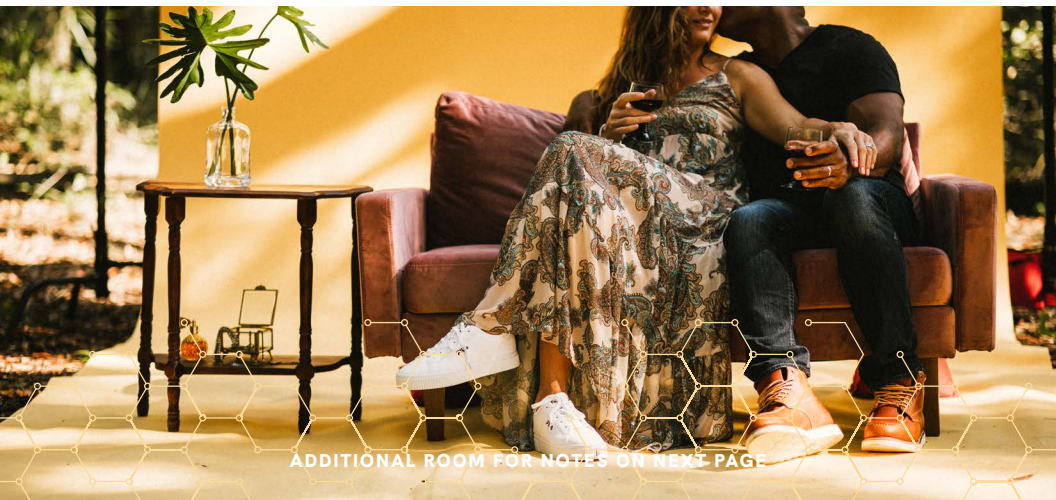
2. How can you be more devoted to cultivating an environment of intimacy with your spouse?

3. How are you and your spouse protecting yourselves from temptations of sexual immorality?

TO THOSE THAT ARE NOT MARRIED

1. What are things in your life now that could hinder marital intimacy in the future (sexual immorality, secrets, suppressed emotions or experiences)?

2. How can you guard your heart and protect yourself from intimacy with someone that is not your spouse? (Do not only think physical, but also spiritual and emotional intimacy.)





WEEK 7:

HOW TO FIGHT

NOTES

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SHE

- ² I slept, but my heart was awake.
A sound! My beloved is knocking.
“Open to me, my sister, my love,
my dove, my perfect one,
for my head is wet with dew,
my locks with the drops of the night.”
- ³ I had put off my garment;
how could I put it on?
I had bathed my feet;
how could I soil them?
- ⁴ My beloved put his hand to the latch,
and my heart was thrilled within me.
- ⁵ I arose to open to my beloved,
and my hands dripped with myrrh,
my fingers with liquid myrrh,
on the handles of the bolt.
- ⁶ I opened to my beloved,
but my beloved had turned and gone.
My soul failed me when he spoke.
I sought him, but found him not;
I called him, but he gave no answer.
- ⁷ The watchmen found me
as they went about in the city;
they beat me, they bruised me,
they took away my veil,
those watchmen of the walls.
- ⁸ I adjure you, O daughters of Jerusalem,
if you find my beloved,
that you tell him
I am sick with love.



OTHERS

- ⁹ What is your beloved more than
another beloved,
O most beautiful among women?
What is your beloved more than
another beloved,
that you thus adjure us?

¹⁰ My beloved is radiant and ruddy,
distinguished among ten thousand.

¹² His eyes are like doves
beside streams of water,
bathed in milk,
sitting beside a full pool.

His lips are lilies,
dripping liquid myrrh.

His body is polished ivory,
bedecked with sapphires.

His appearance is like Lebanon,
choice as the cedars.

16 His mouth is most sweet,
and he is altogether desirable.
This is my beloved and this is my friend,
O daughters of Jerusalem.



6 Where has your beloved gone,
O most beautiful among women?
Where has your beloved turned,
that we may seek him with you?

² My beloved has gone down to his garden
to the beds of spices,
to graze in the gardens
and to gather lilies.

³ I am my beloved's and my beloved is mine;
he grazes among the lilies.

⁴ You are beautiful as Tirzah, my love,
lovely as Jerusalem,
awesome as an army with banners.



- ⁵ Turn away your eyes from me,
for they overwhelm me—
Your hair is like a flock of goats
leaping down the slopes of Gilead.
- ⁶ Your teeth are like a flock of ewes
that have come up from the washing;
all of them bear twins;
not one among them has lost its young.
- ⁷ Your cheeks are like halves of a pomegranate
behind your veil.
- ⁸ There are sixty queens and eighty
concubines,
and virgins without number.
- ⁹ My dove, my perfect one, is the only one,
the only one of her mother,
pure to her who bore her.
The young women saw her and called
her blessed;
the queens and concubines also, and they
praised her.
- ¹⁰ “Who is this who looks down like the dawn,
beautiful as the moon, bright as the sun,
awesome as an army with banners?”

SHE

- ¹¹ I went down to the nut orchard
to look at the blossoms of the valley,
to see whether the vines had budded,
whether the pomegranates were in bloom.
- ¹² Before I was aware, my desire set me
among the chariots of my kinsman, a prince.

OTHERS

- ¹³ Return, return, O Shulammitte,
return, return, that we may look upon you.

HE

Why should you look upon the Shulammitte,
as upon a dance before two armies?

—SONG OF SOLOMON 5:2-6:13

THE POINT

**When in conflict,
you can be right or you
can be married.**



NOTES

FIGHTING FAIR

- Listen and validate each other's feelings by using a statement like, "when you say _____, I hear/feel _____." (Example: "When you say 'what did you do all day', I hear you saying 'I haven't done enough.'")
- Set healthy expectations that have been shared and agreed upon.
- Watch your words - i.e., no name calling, refrain from using "never" or "always", avoid words that are demeaning or condescending, no accusations.
- Watch your tone. Avoid speaking harshly or raising your voice.
- Be mindful of your location and timing. Avoid public confrontations, in front of children, serious conversations late at night, etc.

ACTION STEP

Apologize for your pride and selfishness.

Repent from fighting with the intent of winning the fight. **Commit to winning the heart of your spouse in conflict.**

FOR REFLECTION

TO THOSE THAT ARE MARRIED

1. How did your family handle conflict growing up? How does this affect the way you handle it with your spouse?

2. What needs to change for you to fight fair with your spouse?

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3. How have your words torn down your spouse? How can you use your words to bring life to your spouse?

TO THOSE THAT ARE NOT MARRIED

1. How did your family handle conflict growing up? How could this impact the way you handle conflict with your future spouse?

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2. In what ways are your words bringing life or death into your current relationships (family, friends, dating)?

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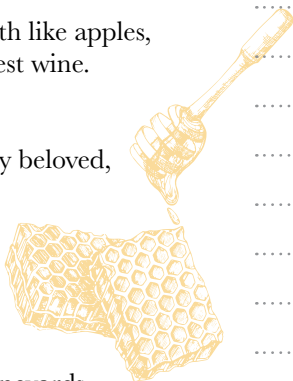
WEEK 8: MATURING IN LOVE

NOTES

- 7 How beautiful are your feet in sandals,
O noble daughter!
Your rounded thighs are like jewels,
the work of a master hand.
- 2 Your navel is a rounded bowl
that never lacks mixed wine.
Your belly is a heap of wheat,
encircled with lilies.
- 3 Your two breasts are like two fawns,
twins of a gazelle.
- 4 Your neck is like an ivory tower.
Your eyes are pools in Heshbon,
by the gate of Bath-rabbim.
Your nose is like a tower of Lebanon,
which looks toward Damascus.
- 5 Your head crowns you like Carmel,
and your flowing locks are like purple;
a king is held captive in the tresses.
- 6 How beautiful and pleasant you are,
O loved one, with all your delights!
- 7 Your stature is like a palm tree,
and your breasts are like its clusters.
- 8 I say I will climb the palm tree
and lay hold of its fruit.
Oh may your breasts be like clusters of
the vine,
and the scent of your breath like apples,
- 9 and your mouth like the best wine.

SHE

- It goes down smoothly for my beloved,
gliding over lips and teeth.
- 10 I am my beloved's,
and his desire is for me.
- 11 Come, my beloved,
let us go out into the fields
and lodge in the villages;
- 12 let us go out early to the vineyards
and see whether the vines have budded,
whether the grape blossoms have opened



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There I will give you my love.

¹³ The mandrakes give forth fragrance,
and beside our doors are all choice fruits,
new as well as old,
which I have laid up for you, O my beloved.

—SONG OF SOLOMON 7:1-13

**Your love can grow old
or you can grow old in love.**

It's your call.

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ACTION STEP

Pull out your calendars and plan a time to renew your passion for your spouse and for the Lord. Growing old together in your marriage and growing in your faith is not supposed to be boring and monotonous!



**IF YOU ARE MARRIED
WRITE A LOVE LETTER
TO YOUR SPOUSE.
CONSIDER INCLUDING
THINGS LIKE:**

- Some things you love about them.
- A favorite memory you have with them.
- How they make you feel.
- What you miss about them when they're gone.
- A short prayer for them.

**IF YOU ARE NOT
MARRIED, WRITE A
LOVE LETTER TO YOUR
FUTURE SPOUSE.
CONSIDER INCLUDING
THINGS LIKE:**

- Reflections on the season of life you are in.
- The ways you are preparing for marriage.
- Some things you look forward to doing together.
- A prayer for them and your future marriage.

FOR REFLECTION

TO THOSE THAT ARE MARRIED

1. What stirs your affections for the Lord? How can you incorporate stirring these affections into your daily and weekly rhythms?

2. What stirs your affections for your spouse? How can you incorporate stirring these affections into your daily and weekly rhythms?



TO THOSE THAT ARE NOT MARRIED

1. What stirs your affections for the Lord? How can you incorporate stirring these affections into your daily and weekly rhythms?

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2. How can you be creative in the way you express love to others?

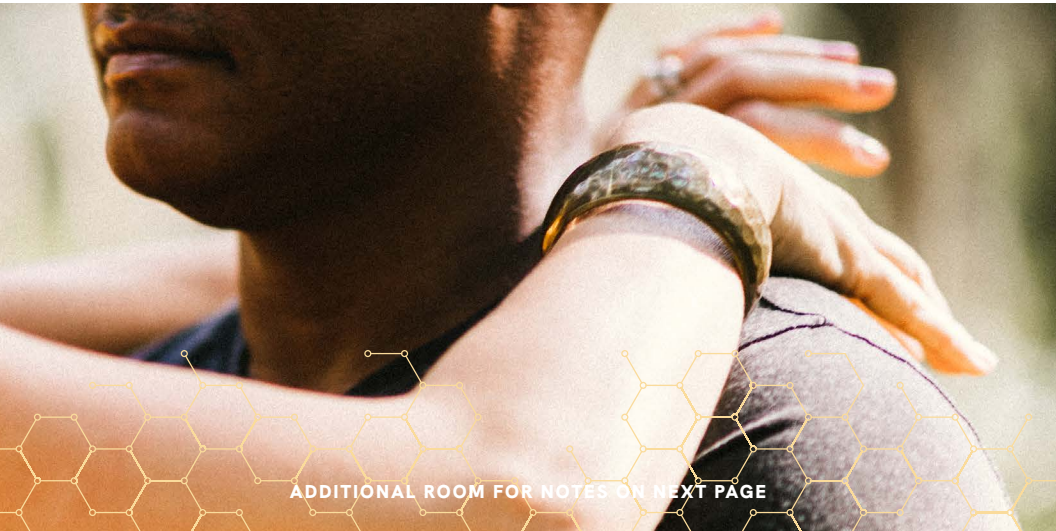
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WEEK 9: TIL DEATH DO US PART

NOTES

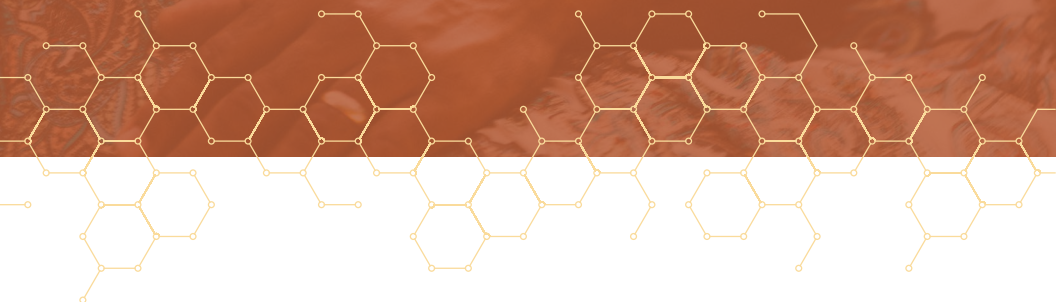
- 8 Oh that you were like a brother to me
who nursed at my mother's breasts!
If I found you outside, I would kiss you,
and none would despise me.
- 2 I would lead you and bring you
into the house of my mother—
she who used to teach me.
I would give you spiced wine to drink,
the juice of my pomegranate.
- 3 His left hand is under my head,
and his right hand embraces me!
- 4 I adjure you, O daughters of Jerusalem,
that you not stir up or awaken love
until it pleases.
- 5 Who is that coming up from the wilderness,
leaning on her beloved?
Under the apple tree I awakened you.
There your mother was in labor with you;
there she who bore you was in labor.
- 6 Set me as a seal upon your heart,
as a seal upon your arm,
for love is strong as death,
jealousy is fierce as the grave.
Its flashes are flashes of fire,
the very flame of the Lord.
- 7 Many waters cannot quench love,
neither can floods drown it.
If a man offered for love
all the wealth of his house,
he would be utterly despised.



—SONG OF SOLOMON 8:1-7

THE POINT

Faithfulness and fidelity are not simply
the goal for your marriage but **the foundation**
on which your marriage is built.



NOTES

ACTION STEP

If you are married, **talk with your spouse about the values that form the foundation of your marriage.**

List 10 values that are most important to you.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

80

For more resources to strengthen your marriage,
visit coe22.com/resources.

If you need someone to walk alongside you,
reach out to our Care team at coe22.com/care
or fill out a respond card.

FOR REFLECTION

1. How has God's faithfulness in your life impacted your marriage or your view of marriage?

2. How do you think your view of divorce impacts your view of marriage?

3. How would you describe a thriving marriage? How is this different than a surviving marriage?





WEEK 10:

HOW TO RAISE A DAUGHTER

NOTES

OTHERS

- ⁸ We have a little sister,
and she has no breasts.
What shall we do for our sister
on the day when she is spoken for?
- ⁹ If she is a wall,
we will build on her a battlement of silver,
but if she is a door,
we will enclose her with boards of cedar.

SHE

- ¹⁰ I was a wall,
and my breasts were like towers;
then I was in his eyes
as one who finds peace.
- ¹¹ Solomon had a vineyard at Baal-hamon;
he let out the vineyard to keepers;
each one was to bring for its fruit a thousand
pieces of silver.
- ¹² My vineyard, my very own, is before me;
you, O Solomon, may have the thousand,
and the keepers of the fruit two hundred.

HE

- ¹³ O you who dwell in the gardens,
with companions listening for your voice;
let me hear it.

SHE

- ¹⁴ Make haste, my beloved,
and be like a gazelle
or a young stag
on the mountains of spices.

—SONG OF SOLOMON 8:8-14





THE POINT

The path to happily ever after
is paved with **patience, purity,**
protection and provision.

A decorative background featuring a brown silhouette of a crowd of people at the top. Below this, a pattern of interconnected hexagons in a light brown color is overlaid on a white background. The hexagons are arranged in a way that some are solid, while others are open, creating a mesh-like effect. The overall design is clean and modern, suitable for a corporate or professional presentation.

ACTION STEP

Pray about taking one of the action steps below to **connect** with your children and/or love a single parent.



WAYS TO CONNECT WITH YOUR CHILDREN

- Read the Bible together.
- Bake something.
- Serve in your community.
- Plant a garden or build something.
- Watch home videos.
- Ask them about their hopes, dreams and things they need prayer for.

WAYS TO LOVE A SINGLE PARENT

- Listen to them share the struggles of being a single parent and pray for them out loud.
- Write them an encouraging note acknowledging the struggles of being a single parent.
- Offer to babysit or pay for a sitter.
- Cook them a meal or have food delivered.

FOR REFLECTION

TO PARENTS/GUARDIANS

1. How can you communicate to your daughter or son that their value is in Christ?

2. In what areas of your daughter or son's life can you be more present or involved?

3. What boundaries do you need to set up for your daughter or son? (If they are adults, how can you encourage them to set up guard rails in their life?)

4. How are you cultivating an environment of purity for your daughter or son? (Do you talk about purity? Do you need to repent from sin in your own life?)

TO WOMEN

1. Who are you mentoring or discipling that is younger than you?
If you are not, why?

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2. What women are you praying for?

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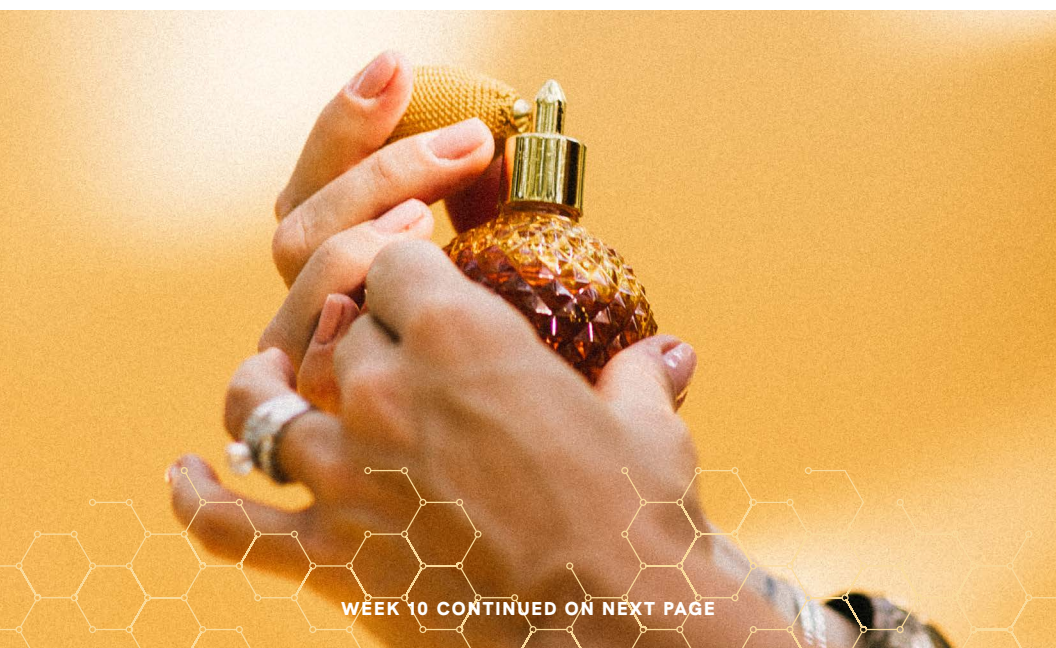
3. How are YOU reminding yourself of your value in Christ?

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TO MEN

1. How are you treating women as sisters in Christ?

2. How are you protecting the women in your life?

3. How are you helping raise up godly men that value women?



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PASTOR RYAN KWON
JANUARY 14 & 17



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