

**Life Group Study Guide: Loved what you heard on Sunday? Want to go deeper? The life group study guide will help you unpack what you heard on Sunday while diving deeper into God's word.**

1. *What was your wedding day like? If your not married what do you envision your wedding day being like?*
2. *Where would you go on your dream honeymoon? Why?*
3. *What insight, observation, or principle from this weekends message did you find most helpful, insightful, or troubling? Explain.*

**In Song of Solomon Chapter 5 we have arrived at Solomon & His wife's Honeymoon night. Over the last several chapters we have seen Solomon and his wife express Godly character, weathered seasons of every relationship, and now they have arrived at their wedding day! Sex is one of God's greatest gifts in marriage, and yet it is also a great tension point for many couples. Let's take a look at God's prescription for great sex in marriage.**

- *As a group spend some time reading through Song of Solomon 4:1-16. Write down any observations, questions, important insights you gain from reading the text.*
- *How did you first learn about sex when you were younger? Was the information helpful? If you could give yourself advice now about sex, love, marriage & romance what would you say?*

- *How does the intimate sexual relationship portrayed in Song of Solomon 4 compare to the way our culture currently portrays a sexual intimate relationship?*
- *Is Song of Solomon's portrayal of Sexual intimacy too idealistic? Do you think Solomon and his wife always experienced this level of intimacy? What makes it difficult to experince this level of sexual intimacy on a day to day basis?*
- *Marriage & sex inside of marriage, were created by God to be Holy. Things that are Holy are set apart by God for a divine special purpose. Read Ephesians 5:21-33. How is marriage portrayed in this passage? What actions does Paul encourage husbands and wives to take to ensure marriage is kept holy? What imagery does a holy marriage portray?*

### **Digging Deeper**

- *God made marriage & sex to be incredibly satisfying. Yet at times it can feel very unsatisfying. This Sunday Pastor Jason made the statement, "Satisfaction in marriage & sex is found when we look to Jesus as our central source of satisfaction." Have you found this to be true? How do we look to Jesus for satisfaction when our marriages are less than satisfactory?*
- *Great Marriages are built on sacrificial love & vulnerability. When we seek to sacrificially meet the needs of our spouse we open the doors for greater vulnerability & intimacy. List the top three needs you currently have in life? Share them with your spouse. Seek to meet the top three needs of your spouse.*

# 'GREAT SEX'

Song of Solomon 4:1-16

## SIX BIBLICAL PRINCIPLES FOR GREAT SEX

### 1. GREAT SEX STARTS BEFORE THE BEDROOM.

**Song of Solomon 4:1-3 (ESV)** 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. <sup>2</sup>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. <sup>3</sup>Your lips are like a scarlet thread, and your mouth is lovely. Your cheeks are like halves of a pomegranate behind your veil.

### 2. GREAT SEX IS TENDER.

**Song of Solomon 4:5 (ESV)** Your two breasts are like two fawns, twins of a gazelle, that graze among the lilies.

### 3. GREAT SEX IS PASSIONATE.

**Song of Solomon 4:6** Until the day breathes and the shadows flee, I will go away to the mountain of myrrh and the hill of frankincense.

## HOW TO GET THE PASSION BACK:

- MEN
  - PURSUE YOUR WIFE
  - TALK TO THE GIRL
- WOMEN
  - MAKE A MOVE
  - ENCOURAGE HIM

### 4. GREAT SEX IS BUILT ON ABSOLUTE TRUST.

**Song of Solomon 4:7-8 (ESV)** You are altogether beautiful, my love; there is no flaw in you. <sup>8</sup>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.

## TWO QUESTIONS OF INSECURITY:

- WOMEN: DOES HOW I LOOK PLEASE YOU?
- MEN: DOES HOW I PERFORM PLEASE YOU?

### 5. GREAT SEX IS SATISFYING.

**Song of Solomon 4:9-11 (ESV)** 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. <sup>10</sup>How beautiful is your love, my sister, my bride! How much better is your love than wine, and the fragrance of your oils than any spice! <sup>11</sup>Your lips drip nectar, my bride; honey and milk are under your tongue; the fragrance of your garments is like the fragrance of Lebanon.

### 6. GREAT SEX IS HOLY.

**Song of Solomon 4:12-16 (ESV)** A garden locked is my sister, my bride, a spring locked, a fountain sealed. <sup>13</sup>Your shoots are an orchard of pomegranates with all choicest fruits, henna with nard, <sup>14</sup>nard and saffron, calamus and cinnamon, with all trees of frankincense, myrrh and aloes, with all choice spices— <sup>15</sup>a garden fountain, a well of living water, and flowing streams from Lebanon. <sup>16</sup>Awake, O north wind, and come, O south wind! Blow upon my garden, let its spices flow.

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