



5/29/26

*On this week's episode of Chosen and Cherished, we talked about how relational oneness starts with Jesus. I am amazed at how much hope comes when we fix our eyes on Him! If you'd like to listen to the podcast, here's the link... <https://summitpoint.org/chosen-and-cherished/>*

*Blessings,  
Jonna*

*Genesis 2:24-25, Song of Songs 4:9-12, 16b, 5:16*

*Oh my goodness! This week we begin to look at physical oneness. Song of Songs, otherwise known as Song of Solomon, is so intimate! It will make anyone blush!!! The thing that blows me away about this is that the marriage relationship is a model of the relationship between Christ and His bride, the church. This is the depth of intimacy I can have with the Lord first. And it's the beautiful intimacy the Lord wants to bless me with in my relationship with my husband.*

*No relationship exists that is more intimate than the relationship that CAN happen between a husband and wife. And just as spiritual and relational oneness start with Jesus, so does physical oneness. It is a gift from the Lord not to be abused, ignored, or corrupted.*

*O Lord, please expose any part of my heart that is blocking the depth of physical oneness You want me to have in my marriage. Help me to look at my own heart and leave any work You want to do in Tim to You. You who see all, know all, and can do all ~ don't need my help.*

*Genesis 2:24-25 ~ "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. And the man and his wife were both naked and were not ashamed."*

*Therefore, since God created man and woman... and it was His plan and purpose... the relationship between my husband and me must be so united that no person comes between us... not even our parents!*

*I see a few things that are really important here for me...*

*My kids are both married. I need to honor the fact that they have left and cleft to their husbands... and never get in the way of them being one.*

*After 32 years of marriage, I think Tim and I are not allowing parents or others to come between us. I do have to be careful not to prioritize my grown kids or grandkids over him, though. I love my kids and their families like crazy, but Tim is the one I model Christ and the church with. My oneness with him has ETERNAL impact.*

*Lastly, this says that Adam and Eve were naked and unashamed. This is where it gets a little steamy. I need to never let discomfort with my appearance keep me from being naked and unashamed with my husband.*

*I learned that when I'm intimate with my husband, God designed us so that a hormone called oxytocin is released in our bodies. It makes him more attracted to me!!! I am living proof that this is true. After we had our first daughter I was extremely overweight. I had gained 75 pounds with pregnancy and had only lost some of it by the time Megan was 6 months old. It was our anniversary and we went on a romantic getaway! We had a wonderful time, and my appearance was never an issue! Oxytocin is a wonderful thing. 😊*

*Song of Songs 4:9-12 ~ "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 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! Your lips drip nectar, my bride; honey and milk are under your tongue; the fragrance of your garments is like the fragrance of Lebanon. A garden locked is my sister, my bride, a spring locked, a fountain sealed."*

*This is where I might blush. But here's what I want to pray as I see these words attributed to the man. I pray that I will "captivate my husband's HEART." It's not just about appearance. It's loving him spiritually and relationally in a way that makes me more attractive to him... 1 Peter 3:4 tells me that what makes me REALLY beautiful is not my appearance, but "the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious." Before I seek to captivate my husband, I want the Lord to find me beautiful before Him!!!*

*I also see that the husband says, "How beautiful is your love." I mean... let's be clear... he's talking about physical intimacy. But what a beautiful picture he gives. My prayer is that my husband will see my love for him as beautiful, so that the intimacy between us is a celebration of that love... not the only expression of love. I pray Proverbs 31:11-12 for our relationship, that "the heart of my husband will be able to trust me, and that I will do him good and not harm all the days of our lives." Every time I pray this, I know that there are many days I've done harm and not good, but I pray the Lord will make those days few and far between until they're completely gone.*

*Song of Solomon 4:16b ~ The wife responds, "Let my BELOVED come to his garden and eat its choicest fruits."*

*Ummm... I don't think she's talking about her garden of tomatoes and grapes. 😊 What do I see in this tiny half of a verse?*

*First, she calls him, "My beloved." I remember my grandmother telling me years ago, "Don't let anyone understand your man more than you do." And I would add, "Don't let anyone love my man more than I do." My calling in this is NOT to tell the Lord all the ways He needs to fix my husband before I'll love him the way He wants me to. My job is to love my husband the way 1 Corinthians 13 describes love... and my motivation is NOT in how my husband loves me, but in how the LORD loves me. Yes, I am very blessed because my husband loves me well. But even he shared in front of the whole church that our relationship was brutal in the beginning years. It is still something we have to be very intentional to protect and pursue because we're both sinners! BUT GOD is able to do His supernatural work in uniting us as we keep our eyes on HIM.*

*I also see that the wife says, "LET my beloved come to my garden." That means I need to make the choice not to withhold from him. Sometimes there is a break in the relationship through abuse or adultery... In those cases the relationship needs serious help, and we have to remember that the physical oneness is a celebration of spiritual and relational oneness. But in most situations, it's important not to withhold from our husbands... and not to use physical intimacy as a reward system for them doing what we want them to do. 😊*

*Lastly, I see in here that the wife says, "LET my BELOVED eat of its CHOICEST fruits." It's a lot easier for me now that we're empty nesters, but I need to make sure that I save some of my energy so that I can give all of myself to my husband, my choicest fruits. He can tell when I'm just going through the motions. After what we've experienced with his hormones from his tumor, not being able to enjoy each other's choicest fruits for periods of time, I don't ever want to take our physical intimacy for granted again. O Lord, giving my husband of my choicest fruits is an act of worship to You because You designed us for this. Please help me to honor Your design with gratitude.*

*Song of Songs 5:16 ~ "His mouth is most sweet, and he is altogether desirable. This is my beloved and this is my friend, O daughters of Jerusalem."*

*I pray this verse regularly for my marriage... that we will be drawn to each other and welcome each other's affection. Why? Because "this is my beloved and this is my friend." This is where relational and spiritual oneness are so evident. I need to see Tim as my beloved and my friend... I need to be a friend to him and to show him loving affection. When it's hard, I need to remember first that he is my beloved and my friend. And I need to pray for our marriage... that we will be each other's beloved and friend.*

*I also see that the wife ended the verse with, "O daughters of Jerusalem." She spoke of her*

*husband as her beloved and friend TO them. I want to make sure that I never disparage my husband to others. I have "the gift of sarcasm." It has its place. BUT may I never use sarcasm or joking or flat out harsh words that tear my husband down to his face, to others, or in my mind. O Lord, please make it so.*

*I pray this verse for my marriage. I pray it for my girls' marriages as well. I believe praying scripture is foundational for our marriages to thrive. I have watched the Lord answer prayers... sometimes immediately, often over a long period of time. Many times, more than I want to admit, the Lord showed me that He needed to change my heart first... I was the one blocking the deeper intimacy He wanted for us. Whatever You want to do, Lord, I pray that You'll help me to be intentional to pursue spiritual, relational, and physical oneness with my husband. Thank You for this relationship that teaches me about the oneness I get to have with You, and it also teaches me of how generous You are... that You would give such a sweet gift that offers mutual pleasure and satisfaction. Thank You. Please help me to never take it for granted.*