



Part 1 - Love and Relationship - October 9, 2016

ICEBREAKER: When did your parents tell you about the birds and the bees?? Or when did you tell your kids about the birds and the bees? How did that go?

MAIN POINTS:

**Love is a song where you sing
only what the other wants to hear**

EXPLORATION:

1. What do you know about the Song of Solomon? From what you know are you surprised that it is in the Bible? Why do you think it is in the Bible?

(Context Clues- Song of Solomon is a collection of love poems celebrating the beauty, power, agony, and joys of human sexual love--Expositor's Bible Commentary. A further definition could include God's smile and approval of that celebration)

2. Read Song of Solomon 1. What are your first impressions of the book? Is it easy for you to understand?

3. Read the following statements and the verses that go along with them. How do you think these statements are pertinent to believers that live in a sexually saturated society?

A. There is a right time, a right place, and a right process for love.
Song 2:7, 3:5

B. God approves of intimacy between a husband and a wife.
Songs 5:1

C. Exclusive intimacy is healthy intimacy. Songs 6:3

D. To grow in your love learn to speak the language of love. Songs 1:15-16

APPLICATION:

1. Do you agree or disagree with the main point: "Love is a song where you sing only what the other wants to hear" How have you found that to be true in your relationships?

2. Do you agree or disagree with the following statements: Why or why not?

When sex is given its appropriate God given place in a Christian marriage it takes about 5% of time, communication, emotion, and energy.

When sex is NOT given its appropriate God given place in a Christian marriage it takes about 95% of time, communication, emotion, and energy.

3. Discuss the Five Love Languages by Gary Chapman below. What is your love language? Consider using the app to discover your love language. Use the attached sheet as a reference guide.

Physical Touch

Acts of Service

Receiving Gifts

Quality Time

Words of Affirmation

7. Pray for marriages and future marriages in your group.

HOW TO SPEAK YOUR SPOUSE'S LOVE LANGUAGE



WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

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BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN