The Best Part of Fighting 9.9.07

[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. [13] Return, return, O Shulammite, return, return, that we may look upon you. Why should you look upon the Shulammite, as upon a dance before two armies? [1] 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. 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 and the pomegranates are in bloom. 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 6:11-7:13 ESV

v.11-13 Very difficult passage. Varying interpretations. Likely, they have patched things up and returned to the bridal chamber.

P: Resolving conflicts can lead to even greater intimacy.

Is our conflict destructive or deepening? Are both parties satisfied with the solution? How long does it usually take? Is there anything still unresolved that needs to be dealt with?

v.1-9 Solomon starts with her feet and works his way up praising her appearance.

P: Men are stimulated by what they see.

Women, do you know this and dress for your husband?

P: We should be as specific as possible when we praise our mate.

Are we being specific enough with the praise of our mates?

v.10 She belongs to him. *"desire"* means *"to devour"*

P: We are the only (intended) source of sexual fulfillment for our mate.

If sex was a meal, are you having more ham sandwiches or steak dinners?

Practical Helps for Cultivating Intimacy:

1. Work at it.
2. Fight for the time.
3. Talk *to* one another.
4. Cultivate your spirituality as a couple.
5. Be sweet.
6. Read a book (or surf the web).
7. Spend the money.

v.11-13 She wants to take him away to the country.

P: We should be as creative as possible and work to keep things interesting in the bedroom.

Practical Helps for Cultivating Creativity in the Bedroom:

1. Varied types of sexual activity.
2. Spruce up the bedroom. *(Do what you can with what you have.)*
3. Talk to another trusted couple.
4. Read a book *(Intended for Pleasure* by Wheat, *Celebration of Sex* by Rosenau)
5. Spend the money.
6. Think *wisely* about *your* marriage.

Works Cited: The Expositor's Bible Commentary, Messages by Mark Driscoll, Tommy Nelson, Daniel Akin