

**Scripture:** Song of Solomon 4:1-16

Pastor Wayne

**Memory Verse:** Song of Solomon 4:7 Thou *art* all fair, my love; *there is* no spot in thee.

This chapter describes the day that they consummated their marriage. When most guys imagine their honeymoon there is probably very little talking going on. In this chapter, Solomon does 90% of the talking. Guys, you need to learn the art of verbal lovemaking. Your wife will love you for it.

Notice that Solomon starts from the head down. When it comes time for sex most guys attention goes immediately to one of two areas, the breasts or the vagina. Solomon gets there; he just takes his time! It is almost as if he is slowly undressing her one piece at a time, savoring her beauty each step of the way. As he undresses each part, he dwells on it, taking it all in, and complimenting her beauty.

After making a general comment about how “fair” (beautiful) she is, Solomon starts by losing himself in the depth of her eyes. Eye contact is probably the most important way for you to make love to your wife. The eyes are the window into her soul! Feast on the beauty of her body but make sure you start with the eyes and end with that same connection.

Solomon goes on to compliment her hair. A woman’s hair is her crown of glory. There is a reason why she spends so much time and money making it look just right. It behooves a husband to pay attention to and compliment her hair! Next he compliments her teeth and especially the fact that she wasn’t missing any. Quite an accomplishment in the days of no dentist, fluoride, or electric toothbrushes.

After the eyes the lips might be the most sensuous part of the female body. The lips can express love through a smile, words, and taste. Lips contain the second highest concentration of receptor cells making them the second most sensitive part of the body.

Solomon follows this by describing the shape and complexion of her face and neck. I am positive that these words were spoken in between kisses on each part of her body he is describing. Talk is good, but talk with action is even better!

Finally, Solomon gets to the good parts. I’m sorry ladies, but most guys are fascinated with your breasts. Maybe it is a carryover from being breast-fed as a baby (but girls were too), or perhaps it is because of societal emphasis, or just maybe it is because God made us this way? So why not enjoy his fascination and even encourage it? Invite him to have his fill of your breasts both visually and physically. Don’t get mad at him when he pays attention to them. Let him enjoy!

We will finish up this chapter in tomorrow’s devotion. Meanwhile you guys need to get a lot more verbal with your wives. Don’t just go for the breasts every time, work your way there and enjoy everything about her. Compliment her beauty!

**Meditation:** Meditate on the beauty and wonder of God’s creation for you to enjoy. Think about why He chose to make our spouses body the way He did.

**Assignment:** Spend some time thinking about ways that you could describe your spouses body. Write it down and then share it with them.

**Just for Fun:** Start at your spouses head and work your way down their body. Describe each part, touch, kiss, and fondle them. Work your way slowly from head to toe with a few stops in between! Enjoy what God has given you!

**Scripture :** Song of Solomon 4:1-16

Pastor Wayne

**Memory Verse:** Proverbs 5:19 *Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love.*

We ended yesterday's devotion by talking about how men are fascinated by their wife's breasts. Solomon describes them as cute and cuddly like twin roes. He longs to lay in their shadows all night long enjoying the sweet scent of her perfume. It is clear that a woman's breasts are a place of pleasure for most men. Here are some interesting facts about the breasts:

- A 2012 study suggests that men have learned that by stimulating the nipple, a woman is more inclined to feel attracted and connected to her partner physically. The study concluded that this evidence explains why men are so attracted to breasts.
- No two breasts are exactly the same size, and it is usually your left breast that is bigger than the right side. However, often the difference is so slight you'd never notice they are of different sizes. Nipples also come in varying sizes, not only that, they also point in different directions.
- No news here. Research conducted at the Victoria University of Wellington showed that breasts are often the first thing men look at, and for a longer time than other body parts. Nothing to be ashamed of since another study said that staring at women's breasts for just minutes a day can improve a man's health and add four to five years to his life.
- 29% of women studied had achieved orgasm from nipple stimulation alone. The reason is that women's brains process genital and nipple stimulation in the same exact way.
- Seventy percent are not happy with the size or shape of their breasts, according to research published in the *International Journal of Sexual Health*.
- Eighty-two percent of women say breast-play gets them aroused according to a 2006 study.
- Breasts can swell upon arousal just like the penis or vagina.
- Oxytocin, a pleasure-enhancing chemical, is released into the body when a woman's breasts are fondled.
- Many couples have a nickname for her breasts: The Ladies. The twins. The A (B or C) team. Etc.

I share all of this because women need to understand that God designed their breasts for not only feeding their baby, but feeding their sex life. Both you and your husband will have a better sex life if you accept and enjoy what God has given you. Your breasts should satisfy him in every way!

**Meditation:** Meditate on your spouse's body and how it is fearfully and wonderfully made (Psalm 139:14) just for both of you to enjoy.

**Assignment:** Ask your husband how important your breasts are to his sexual enjoyment. Every man is different in his needs and desire in this area. Talk about how you can bring him more pleasure both in and out of the bedroom. One caveat – Not all husbands are “breast-men”. Find out which parts of your body he likes and flaunt them.

**Just for Fun:** Have a “Breast Friend” Day. Spend the day highlighting your breasts just for your hubby. Where a sexy bra (show it to him when you put it on), discretely expose yourself to him whenever you can, go topless or braless when you are alone together, grab his hands and put them on your breasts, lay with his head on your bare chests. You get the idea! Remember, your breasts are your husbands. Keep them secret and sacred just for him!

**Scripture:** Song of Solomon 4:1-16

Pastor Wayne

**Memory Verse:** Song of Solomon 4:16 Awake, O north wind; and come, thou south; blow upon my garden, *that* the spices thereof may flow out. Let my beloved come into his garden, and eat his pleasant fruits.

In verse 8 Solomon invites his bride to have an orgasm, to enjoy a “mountaintop experience with him. Although women don’t orgasm every time they have sex, a loving and caring husband is going seek her pleasure with his own. 20% of women have never had an orgasm. The average woman orgasms 60% of the time. Each woman is different in her need and ability to have an orgasm. Some want and can orgasm every time and others rarely orgasm and don’t feel the need to most of the time. A loving husband is going to be aware of his wife’s need and always seek to bring pleasure to her whether she has an orgasm or not.

At this point she has nothing on except a chain around her neck. She gives him that sultry look, inviting him to come into her garden and to partake of her love. That is all it takes! He is ravished with her! Her love is intoxicating! He is losing control!

Every one of Solomon’s senses are on overdrive. The taste of her lips is sweet and sensuous. Her smell is overpowering and intoxicating. He could be describing the perfume that she is wearing or he might be talking about her natural scent, especially the pheromones that we all produce when aroused. Smell is an important part of our lovemaking. Both partners should be clean smelling. Perfume, lotions, colognes are all good if your spouse enjoys them. Maybe you even have a special perfume or cologne that turns your spouse on every time.

Now he enters into her garden. This garden is inviting both in looks and smell. The garden gate is closed until she invites him in. Solomon has been doing all of the talking for 15 verses and now she speaks up and simply says “Come in and enjoy the fruit of my garden. It is all yours!” One of the greatest blessings of sex for a man is to be invited to enter in, to become one with his wife. The simple act of her receiving him, welcoming him in is amazing.

Fellows, sex for her is different. We are the invaders. We become a part of her. Thank God and her each time she welcomes you into her “garden” to enjoy the fruit of her love. Make sure you never force your way in or do anything to hurt her when you are there. Ladies, there is nothing that will turn your husband on more than to know that you want him, that you have to have him and have him now. Don’t be afraid or hesitant to express your desire for him sexually.

To consummate your love is like drinking cool, refreshing water from a flowing fountain or a deep well. What a sweet blessing it is!

**Meditation:** Think about why God designed sex the way that He did. Why did He make us so different? What was His purpose for creating orgasm for both the husband and wife?

**Assignment:** Talk about your wife’s orgasm. Has she had an orgasm? Does she orgasm often? How important is it to her that she orgasm? How important is it to him for her to orgasm? What position works best for orgasm? What can he do to help facilitate her having one? Read a Christian article or book on the subject.

**Just for Fun:** Put some of what you are learning into practice. Have fun trying whether she orgasms or not. It is the journey that is the most fun.

**Scripture:** Song of Solomon 5:1-16

Pastor Wayne

**Memory Verse:** Genesis 3:16 Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire *shall be* to thy husband, and he shall rule over thee.

Milk and cookies. Icing on the cake. Bacon and Eggs. Peanut butter and jelly. Spam and rice. In Song of Solomon 5:1 Solomon tells his bride that they are a perfect match. He loves having sex with her because he can have his cake and eat it too! Sex is great because you get to enjoy the pleasure of having each other and have an orgasm on top of all of that!

Solomon likes it so much; he wants to do it again. Men have a refractory period after having an orgasm, lasting anywhere from a few minutes to a few days when he is unable and uninterested in performing sex again. Apparently, Solomon woke up later that evening and wanted to have sex again with his wife. Although women don't have a physical refractory period, fatigue after sex can make them lose interest in sex temporarily. *"We just did it, go back to sleep."* is a somewhat typical response.

Don't be angry with your husband for desiring you. You bring him so much pleasure that he can't stop thinking about you. He wants to enjoy you all over again! That is a compliment and well worth the effort of being rewarded. By the way ladies: Your husband would probably be thrilled if you were to come to him and say, *"I have to have you again!"* Men love it when their wife initiates sex the first, second, or tenth time!

Neither partner should be the exclusive one to initiate sex. Generally, it will be the man that asks more often, but it is good for the wife to be proactive in this area. There are many fun ways that you can do this: Give him "the look", whisper in his ear, expose yourself to him, send him a cryptic text or email or phone call, kiss him passionately with a request for something more, put on something sexy, slip a note into his pocket, wallet or lunch bag, or you can take the matter into your hands (literally). You get the idea.

I can hear some of you thinking; *"Yeah, that sounds good, but my husband never gives me a chance to initiate. He always wants sex!"* First, you may need to consider that you are not having sex enough and you need to increase the frequency. Maybe he always wants it because he is not getting it enough. Secondly, make it a game. See how often you can offer before he asks. You can anticipate as well. If you know that he likes to make love every Friday night then take more initiative in making that happen. When he does begin to put hints out to you, turn around and take the initiative. Become the aggressor! Let the hunter become the hunted!

Most importantly, be responsive. Prime your pump. When you know he is going to want sex, prepare your heart, mind, and body for him. Genesis 3:16 teaches that your desire should be towards him. In Song of Solomon 5:10-16 once she realizes that she rejected him, she begins to think about all of the reasons that she loves him and now she wants him! Meditate on his good qualities; think about how much pleasure having sex brings to both of you. Don't dwell on all of the reasons why it is not a good time or how busy you are or the problems you are dealing with. Look forward to spending time together, bringing each other pleasure. Prepare yourself physically. Soak in a tub, put on makeup, wear something sexy for underwear or nothing at all (show it to him before he leaves for work). Do what it takes to put yourself in the right mindset for sex with him.

**Meditation:** The more you think about sex with your spouse, the more you will want and enjoy having sex together.

**Assignment:** Make a star chart to indicate how often you have sex, who initiates, and how great it was. Make it a fun, positive thing to reward yourselves with and as a reminder to keep it going.

**Just for Fun:** Initiate sex today. Be creative!

**Scripture:** Song of Solomon 5:1-16

Pastor Wayne

**Memory Verse:** I Corinthians 7:2 Nevertheless, *to avoid* fornication, let every man have his own wife, and let every woman have her own husband.

What if my spouse doesn't want to have sex? We learned that Solomon wanted to make love to his wife again and she rejected him. What do you do when your spouse repeatedly rejects you? What if they are not interested in having sex or only respond reluctantly? How do you handle it? More often than not, it is the woman who is less interested, but the reverse can also be true. Whoever is the reluctant one, both of you have a responsibility to turn this around. The Bible is very clear on this matter in I Corinthians 7:1-5.

First, it is important to understand the reason why your spouse is holding back from you. Don't assume you know. Take time to study your spouse and to talk about it together. They may not even know why they are holding back or maybe they are reluctant to tell you because they are embarrassed or afraid of hurting you. Take the time and effort to draw it out of them; Proverbs 20:5 "Counsel in the heart of man *is like* deep water; but a man of understanding will draw it out."

We are going to start by talking about what to do if the husband doesn't want to have sex as often as the wife does. The norm is the opposite. Most of the time the man is the one complaining he doesn't get enough sex, so when he doesn't seem interested in sex with his wife it hurts even more. The wife can feel rejected and inadequate. Men are very reluctant to discuss the problem because it threatens their manhood. "*What is wrong with me?*" A loving wife will approach this issue with care and respect. A caring husband will work hard to communicate and discover where the problem really is.

These are the primary reasons a husband may be reluctant to have sex with his wife:

- Physical problem: low testosterone, drug-induced ED or low-libido, fatigue, or male-menopause. Even something as simple as allergies or diet can affect our sex drive.
- Psychological issues: Depression, stress, guilt (from previous experiences or current sin), anger (doesn't have to be at the spouse), or bitterness (towards spouse or others).
- Time: Work schedule and stress, too much going on, time of day, not enough time.
- Relational: Wife's response to advances or treatment of her husband, no affection outside of the bedroom, lack of respect from spouse, feeling like he is "bothering her" to have sex, punishing her.
- Sin: Affair, pornography, or abuse.

Don't assume the worst. There is often a simple physical or emotional reason for the lack of desire that can be easily solved by a loving couple working together. Sit down with your husband in a non-threatening way and explain to him how much you love him and how this hurts you and how you feel rejected. Ask him if you are part of the problem or how you can help him. Reinforce his positive qualities and be careful not to question his "manhood". Be willing to hear and accept the hard facts even if they hurt. Take ownership of your responsibility.

Determine together the next steps that you will take in resolving this issue: Doctor's appointment? Change of diet or schedule? Change of attitudes or actions? What are the practical steps that you will take together? Set up follow-up dates for further discussion and resolution. Become more emotionally and physically affectionate with each other. Schedule times to make love. Work at this. It is a command, not an option!

**Meditation:** Spend time thinking about the whys before you approach your husband. Assume the best not the worst.

**Assignment:** Set a date to discuss this issue. Make it a comfortable setting. If you don't have this problem, thank your spouse for loving you in this way.

**Just for Fun:** Set aside time to be physically affectionate without having to have sex. Enjoy each other without the pressure of making it happen. Let it happen organically.

**Scripture:** Song of Solomon 5:1-16

Pastor Wayne

**Memory Verse:** I Corinthians 7:5 Defraud ye not one the other, except *it be* with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

Face it men. We want sex more often than our wives do! If that is not true for you, reread yesterdays devotion and take the initiative in resolving this problem with your wife. Don't wait for her to come to you! Solomon wanted to have sex with his wife again and she rejected him. Solomon didn't take that rejection very well even though they had already had some really passionate sex that evening. He got up and left to have a pity party for himself because she didn't respond the way he wanted her to. Pity parties, the silent treatment, anger, or an attitude are not going to make things better, especially over the long term. You have to talk through and work through the issues in this area.

First, how much is enough. I know a lot of men whose wife's feel like no matter how much they put out, it will never be enough. It wasn't often enough, fast enough, or good enough. They quit trying because no matter what they do in this area, their husband will never be satisfied with them. You have created a negative environment in your love life. Change it to be a positive discussion. Create a win-win scenario for both of you.

Let's identify the reasons why many wives are reluctant to have sex with their husband:

- Physical reasons: Painful intercourse due to lack of lubricant, hormonal imbalance or physical problems like endometriosis. Too little foreplay. Low desire. Not being able to orgasm.
- Time: Work schedule and stress, too much going on, time of day, not enough time.
- Body issues: Feeling ugly and unloved by her husband. Criticism by husband.
- Relational issues: Lack of cleanliness on his part. Not setting the mood. Feeling that is all he wants.
- Psychological problems: Depression, stress, guilt (from previous experiences or current sin), anger (doesn't have to be at the spouse), or bitterness (towards spouse or others).
- Sexual issues: Being asked to do things she is not comfortable with or making her feel guilty because she doesn't want to do it.

Do not assume the worst with your wife. There are many factors at play when she rejects you, most of which have little or nothing to do with you personally. You need to create a non-threatening environment where the two of you can discuss the issues. You need to give her the freedom to talk about the problems without being afraid of your reaction. Accept your responsibility in the matter and be ready to resolve any issues that she has with you. Do not judge her or reject her feelings as being less than legitimate. Talk about how you can work on these things together.

Don't expect overnight results. Work on taking steps in the right direction. Let her know you appreciate her openness and efforts to move forward in this area. Be positive, not negative.

Patently work together to identify and resolve any physical problems. The only cure may be patience and acceptance by you as the husband. Remember, you are the invader into her body. Sex is physically different for her. If time is the issue, help her to have time for you by helping around the house and with the kids. Never be critical of her body. Be vocal about what you love about her, but not just sexually. Do your part to set the mood. Be careful of the negative things you can do or say before, after, and during sex. You both may need counseling to deal with emotional issues. Be willing to talk with someone together with her. Don't make it seem like it is her problem alone. Invest time and effort. The dividends will be worth it!

**Meditation:** Try to understand sex from her perspective. Meditate on what it means to her.

**Assignment:** Ask her to tell you what you can do differently to make sex better for her. No rebuttal, repercussions, or retaliation. Thank her for being transparent and honest and work on doing it.

**Just for Fun:** Do something romantic for her without expecting sex in return. Wash the dishes, put the kids to bed, light some candles, get her favorite chocolate, give her a massage just because you love her.

**Scripture:** Song of Solomon 6:1-16

Pastor Wayne

**Memory Verse:** Song of Solomon 5:5 I rose up to open to my beloved; and my hands dropped *with* myrrh, and my fingers *with* sweet smelling myrrh, upon the handles of the lock.

The sad fact is that if Solomon had just been a little bit patient he would have gotten what he wanted. My guess is that he woke up sometime in the night thinking about how nice making love to his bride had been. That caused him to feel some stirring in his heart and a little stronger reaction in another place. I can just picture him turning over on his side towards his wife, reaching over and cupping her breast, asking; "Are you awake?" Every wife knows what that means!

Her first reaction is normal; "Again? We just did it!" What she says in verse 3 sounds like some pretty lame excuses to most men. "I just put my nightgown on and you want me to take it off again? I just came back from the bathroom, I don't want to go again." It is important for men to understand that making love is a lot more work for your wife than it is for you. First of all, it takes her longer to get into the mood. She needs time to prepare herself physically, emotionally, and mentally. Men can wake up from a deep sleep and already be physically ready for sex.

Sex is intrusive and messy for the wife. You are invading her body. If she is not physically ready for you it can be uncomfortable and even painful. When you are done making love you can turn over and go back to sleep, she has to get up and go to the bathroom to empty herself and clean up the mess you left. I know, not very romantic or sexy, but it is reality.

In verse 4 Solomon persists in touching her and apparently whatever he was doing began to stir up some feelings in her. Most women like to be touched, even fondled, they just need you to slow down a little and be patient. It takes awhile to get the "juices" flowing (verse 5). Now she is ready for him! In fact verses 5 & 6 tells us that she "opened to her beloved". It is an amazing blessing when a wife opens her legs and invites her husband to become one with her. Every husband should be in awe and wonder every time his wife invite her husband to enter in and become one with her! Unfortunately, Solomon didn't wait. He got upset because she didn't respond as quickly as he wanted her to, so he left. I think what hurt the most is he felt rejected. He took her hesitance as a lack of desire for him.

One of the reasons husbands aren't "getting it" more is because of a lack of patience and appreciation. If she doesn't give it to you how you want it, when you want it, and where you want it than you get mad. You have a pity party, give her the silent treatment, aren't thankful for what you got and then you wonder why she isn't interested. If Solomon had stuck around for just a little longer he would have had another great time. They worked it out later, but that opportunity was missed by both of them.

Ladies, your husband needs you to be responsive to him and to his advances. It may not always be convenient, but with a little bit of effort on your part you can get ready and actually enjoy it. Talk to your husband, let him know you want him too; offer alternatives if now won't work. Don't reject him outright. Men, be patient. Realize that she just may need time to adjust her thinking and for her body to respond. Be willing to wait for later and even offer alternatives. Much of our problem sexually is a lack of timing and coordination and understanding. Open honest communication and acceptance is key in this area.

**Meditation:** Think about your sex life. When is her optimal time? His? What puts her in the mood? Him? How can you better sync your sex life?

**Assignment:** Talk about timing in your sex life. Is there a time that is better for you? Morning? Evening? What helps get you in the mood? What turns you off? How can you accommodate or help your spouse when you are not in the mood?

**Just for Fun:** Schedule some spontaneous sex! (Yes, I know it is an oxymoron, but sometimes spontaneity doesn't happen by itself!) Talk about how you can approach either at odd moments and time for sex and then try it out!

## **MERRY CHRISTMAS**

**Scripture:** John 3:16

**Memory Verse:** Romans 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

Take time today to make this Christmas special for each other and as a family. The best present you can give each other is to put into practice what you have been learning through these lessons and devotions. Love one another with the same love that caused God to send His Son to be born in a manger just so He could die for us to save us from our sins. God bless you and have a wonderful day!

**Meditation:** Meditate on the wonderful love of God for us and how you can share that same love with your spouse and family.

**Assignment:** Have a wonderful Christmas and I hope you remembered to get a gift for your spouse.

**Just for Fun:** Let him unwrap his best gift in the bedroom!



**Scripture:** Song of Solomon 5:9-16

Pastor Wayne

**Memory Verse:** Song of Solomon 2:3 As the apple tree among the trees of the wood, so *is* my beloved among the sons. I sat down under his shadow with great delight, and his fruit *was* sweet to my taste.

The bride realized that she had made a mistake and missed an opportunity to minister to her husband's needs as well as to enjoy some time with him. She doesn't sit around and wait for him to "Get over it." she goes looking for him. The Bible says if you "have ought against your brother" or they "have ought against you" go and work out your problems. That is a good policy when dealing with intimacy issues. I have seen couples let these things fester and just get worse and worse. Pretty soon it becomes a spiral. He or she is upset because their sexual needs aren't being met and because you are upset with each other you don't have sex and because you are not having sex you are more upset and it just gets worse. Break the cycle! Find your spouse. Have sex and then work out your issues!

She does a great thing here. Instead of thinking bad thoughts about her husband, she reviews all of the good things about him. She makes a list of all of his good qualities – and they are all physical! Women like it when their husbands describe their beauty. Well, men do too! We may not admit it, but we like it when our wives talk about how strong we are how big our muscles are or how firm our chin is. Men especially like it when their wife tells them how sexy they are. We may not seem like it, but we are pretty fragile creatures and we like to believe our wife thinks we are something special.

Solomon compliments his bride over and over again, now it is his turn to be complimented by her. Most women rarely talk about their husband's physical features. I know that women aren't as physically focused as men are and if the truth were told wives aren't generally turned on by looking at their husband's body. He may not be the perfect specimen of manhood anymore, but he is still your one in 10,000! Perhaps he doesn't have bushy raven locks anymore or maybe he body isn't exactly like overlaid ivory or pillars of marble, but you can still compliment him. Notice that she focuses especially on areas that don't change: his eyes, cheeks, lips, hands, and mouth. If you have to embellish the rest a little, that's ok, because his body was given to you by God to bring him pleasure.

In other passages she talks about his sexual prowess. Men like to think that they are "the man" and that their wife thinks they are the sexiest guy in town. She described him as being big and hard and sweet and especially how the feel of him satisfies her desire. I know that women are not visual creatures, but your husband is. He needs you to talk about him and tell him what you like about him. Most men could not tell you which physical features that their wife thinks is the sexiest thing about him. We need you to be vocal. It will go a long way into improving our love life if you just stroke our ego a little bit more.

**Meditation:** Think about why God made man and woman so different and how He intended for us to enjoy those differences.

**Assignment:** Make a list of each other's physical features and then take turns describing them and what you like. Be positive and encouraging. This is not the time to bring up any negatives.

**Just for Fun:** Take an opportunity to talk about each other's private parts. Talk about what makes them "sexy" and why you like them. If the looks don't turn you on, talk about how it feels and the pleasure that it brings you.

**Scripture:** Song of Solomon 6:1-13

Pastor Wayne

**Memory Verse:** Song of Solomon 6:3 *I am my beloved's, and my beloved is mine: he feedeth among the lilies.*

Twice (in verses 4 & 10) Solomon describes his bride as “terrible as an army with banners”. I don’t think my wife would like me calling her “terrible” nor would she appreciate being compared to the Army (or the Marines, Air Force, Navy, or Coast Guard for that matter). So why would Solomon use that phrase and how is it a compliment?

The word “terrible” can be translated as fearful & awesome. I think what he was saying is that she was a woman on a mission and he wasn’t going to get in her way. Remember, Solomon disappeared in chapter 5 and she has been looking for him everywhere. She has been all over the place searching for him. She was even stopped by the guard at one point (5:6-9). She started out to find him so she could apologize for not responding very well when he wanted to make love again, but I think by the time she found him she was pretty miffed. I can imagine what she was like: Tired from being woke up in the middle of the night. No make up. Hair messed up. Probably tattered and dirty from walking the streets and the abuse from the cops. She was not happy with him now! “Where have you been? I’ve been looking all over the place to apologize to you, but you can forget that now!” Those may not have been her exact words, but I will bet they were close.

This is why Solomon said she was “terrible as an army with banners”. She was determined to find him and nothing was going to stop her! He was saying something similar to “You are cute when you are mad!” Notice that she started out feeling bad and apologetic, but now she is upset. Solomon had to be careful what he said or it was just going to get worse. I have found that most arguments about sex end up a lot worse by how we respond and what we do after the problem. The whole thing escalates into a battle that is no longer about the problem in the bedroom; it is about how we respond to one another.

Be careful that you don’t let your sexual problems take on a life of their own. Watch how you respond and what you say. Don’t let it keep going and get worse. Solomon chose not to make this a battle. Even though his first response was not good (to walk away) he realizes his mistake and makes the effort to settle things down by complimenting her and reaffirming his love and commitment. The chapter ends with them back in the “garden” enjoying the fruits of their physical intimacy.

**Meditation:** How do you respond to your spouse when you are upset? How should you respond? How would you like him/her to respond to you?

**Assignment:** Talk about what the best thing you can do when your spouse is upset or hurt by something in your sexual relationship. Most women need you to apologize and speak kindly and lovingly to them. Most men need to make love and then talk about it.

**Just for Fun:** If your sex life were a garden what fruit would you choose to represent your different body parts?