

SESSION 5

Creating Intimacy for the Long Haul



DEFINITION OF AUTHENTIC MANHOOD

Reject _____

Accept _____

Lead _____

Expect _____

How beautiful are your sandaled feet, O queenly maiden. Your rounded thighs are like jewels, the work of a skilled craftsman. Your navel is perfectly formed like a goblet filled with mixed wine. Between your thighs lies a mound of wheat bordered with lilies. Your breasts are like two fawns, twin fawns of a gazelle. Your neck is as beautiful as an ivory tower. Your eyes are like the sparkling pools in Heshbon by the gate of Bath-rabbim. Your nose is as fine as the tower of Lebanon overlooking Damascus. Your head is as majestic as Mount Carmel, and the sheen of your hair radiates royalty. The king is held captive by its tresses. Oh, how beautiful you are! How pleasing, my love, how full of delights! You are slender like a palm tree, and your breasts are like its clusters of fruit. I said, "I will climb the palm tree and take hold of its fruit." May your breasts be like grape clusters, and the fragrance of your breath like apples. May your kisses be as exciting as the best wine, flowing gently over lips and teeth. I am my lover's, and he claims me as his own. Come, my love, let us go out to the fields and spend the night among the wildflowers. Let us get up early and go to the vineyards to see if the grapevines have budded, if the blossoms have opened, and if the pomegranates have bloomed. There I will give you my love. There the mandrakes give off their fragrance, and the finest fruits are at our door, new delights as well as old, which I have saved for you, my lover.

— Song of Solomon 7:1-13

Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated by her love. Why be captivated, my son, by an immoral woman, or fondle the breasts of a promiscuous woman?

— Proverbs 5:18-20

BIG IDEAS

1. Every man has a need for _____ and that need is legitimate.
2. God created _____ so man could have an environment to create long-term sexual fulfillment and intimacy.
3. My responsibility: I am the _____ leader of my household.
4. She will never _____ understand my need for sex, but I still have to lead.
5. Core reality: Men lead with their _____; women lead with their _____.
6. Touch her _____ before you touch her body.
7. Become an expert at touching her _____.

Discussion Questions

1. What is the difference between intimacy and sex? How can one lead to the other?

2. Why is it so difficult to be the sexual leader in the home?

3. What is one thing you have learned that has helped create intimacy with your wife?

4. After listening to today's talk, what is an area you need to work on with your wife?

Suggested Resources

Intimate Issues, by Linda Dillow (for your wife)

Sex, Romance, and the Glory of God, by C.J. Mahaney

Sheet Music, by Kevin Leman

Song of Solomon, by Tommy Nelson