



Godly principles for relational restoration. Song of Solomon

Getting Started

Take a moment to answer some of the following questions

- What relationship have you had the most fun in? What was it about the relationship and person that made it so fun?
- What's your idea of the perfect date? How close have you come to having the perfect date?
- What actions, things, words, etc. make you feel the most loved or respected?
- What are some of the things that first attracted you to your spouse and caused you to fall in love with them?
- Share one of the most fun experiences you've had as a couple. What impact did this experience have on your marriage?

Digging Deeper

Looking back at this weeks teaching, was there anything that particularly caught your attention, challenged you?

Relationships can be fun but also challenging. What are some of the common traits required to maintain a good relationship?

On Sunday Paul read from Song of Solomon 7.

In this relationship he spoke about the 3 aspects of quality time that ought to happen to maintain quality relationships.

1. Face to Face.

In order for a relationship to move forward, quality communication needs to happen. How important is it to you to have quality time to be heard and understood?

Read [Proverbs 18:13](#), [James 1:19-20](#), [Ephesians 4:26-27](#)

- What qualities and characteristics can be learn from these verses?
- How important is it to have quality conversation times with people around you that you care about?
- What is the danger of not spending quality time talking and listening to family members and friends that you care about? Describe.

2) Side to Side

One of the most important things we can do to cultivate relationships is to invest time with people we care about?

Read [1 Thessalonians 2:10-12](#)

What was the example of the Apostle Paul? How can we be encouragers of our friends and spouses with our time?

Investing in relationships that really matter to us costs us time.

- What types of things can you do to connect with your children?
- What types of things can you do to connect with your spouse?
- What are some things you used to do together that you don't do anymore? Do you miss that?

3. Heart to Heart. *(For married couples)

Sexual Intimacy is a big deal to God.

God proclaimed it to Adam and Eve. [Genesis 1:28](#)

Read [1 Corinthians 7:1-5](#).

- What does these verses teach about the sexual relationship?
- What “duty” do husbands and wives have toward each other?
- In what ways is love-making a “ministry” that you offer to your husband or wife?

