

# Building A Great Marriage!

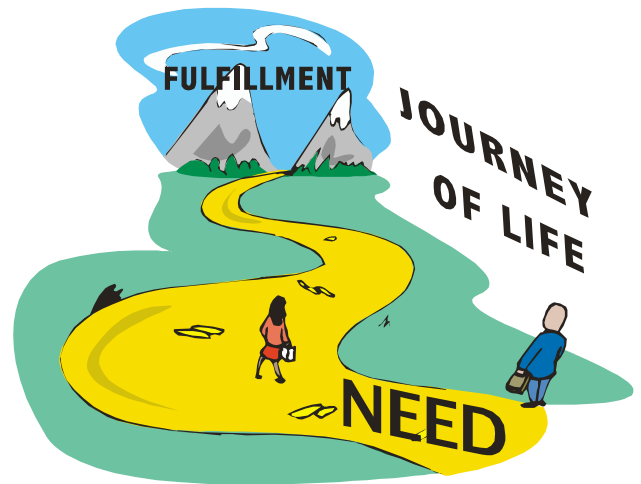
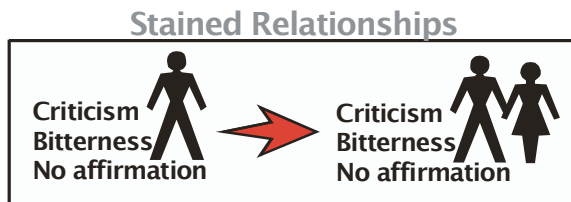
## Session #9

### Developing Trust & Intimacy in Marriage

Great marriages are shaped by growing relations built on developing trust. We will learn more about how trust develops using the Song of Solomon

- Sessions 1-4 Acquire God's view of marriage.
  - Sessions 5-7 Recover from marital setbacks.
  - Sessions 8-10 Obtain a great marriage.
- Faith
  - Forgiveness
  - Friendship

#### A) A Personal Journey



#### 2) The Means: Experiencing \_\_\_\_\_

Song of Solomon contains nuggets of gold that unlock the mystery of love and trust which serve as keys to a growing marriage.

Everyone wants acceptance. Relationships enable a person to see himself from a different perspective.

#### 3) Song of Solomon's Two \_\_\_\_\_

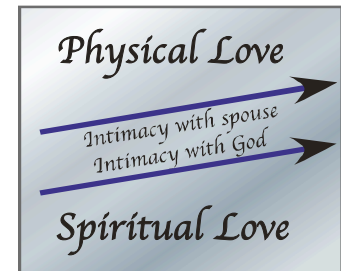
##### Triad #1: The Path of Trust (SS 1:5; 2:1; 2:16)

Triad #1 addresses a person's growing trust. The trust enables us to unfold our hearts to our partner.

##### Triad #2: The Path toward Intimacy (SS 2:16; 6:3; 7:10)

Triad #2 helps clarify the three transformations that enable a couple to get where God desires them to go.

#### The Parallel Development of Trust



## B) Triad #1: The Path of Trust (SS 1:5; 2:1; 2:16)

Love creates an atmosphere of acceptance in which trust can grow.

**Accepted > Valued > Belonging**

### 1) Accepted (Song of Solomon 1:5)

I am **black but lovely**, O daughters of Jerusalem, Like the tents of Kedar, Like the curtains of Solomon. Do not stare at me because I am swarthy, For the sun has burned me. My mother's sons were angry with me; They made me caretaker of the vineyards, *But* I have not taken care of my own vineyard. (Song of Solomon 1:5-6)

"I am \_\_\_\_\_ but lovely."

'Tanned' unlike fair court maidens  
"Do not stare" – sun burned  
Lower class-caretaker of vineyard

"Blessed are the poor in spirit." (Matthew 5:3)

The ability to grow in our relationships is dependent upon the way we accept ourselves.

Perception			
What I perceive about myself is often not true. It is the truth of God that sets us free. His perception of us is what is right and real. We need to acquire these truths.			
Perception of Self		God's Perception of Us	
<b>Wrong</b>	We believe that we are not that bad.	<b>Right</b>	We are totally unacceptable before God because of our sin.
<b>Wrong</b>	We feel clumsy, rejected and lonely.	<b>Right</b>	As valuable creatures we are designed with a purpose.

#### Development of Trust

Godly View

*"I am dark but lovely."*

Humility:

Undeserving:

\_\_\_\_\_:

**Secure:** Source of security is outside of self.

#### Reliance on Self

Secular View

*"I am fair and lovely."*

Superficial:

\_\_\_\_\_:

Able to lose:

**Insecurity:** Source of security is inside of self.

Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ, just as **He chose us in Him** before the foundation of the world, that we should be holy and blameless before Him. In love He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. (Ephesians 1:3-6)

### 2) Valued (Song of Solomon 2:1)

Bride-to-be: I am the rose of Sharon, The lily of the valleys. (2:1)

Bridegroom-to-be: Like a lily among the thorns, So is my darling among the maidens. (Song of Solomon 2:2)

• Special

• \_\_\_\_\_


• Valued

### 3) Belonging (Song of Solomon 2:16)

My beloved is mine, and I am his. (Song of Solomon 2:16a)

• Common identity

• Commitment to marriage

These are key elements to a growing relationship. Put a check mark next to the ones that are true for you. 

- Humility: Accept my faults and apologizes.
- Appreciation: Receives love as undeserved.
- Accepted: At peace, unthreatened, calm and joyful.
- Responsive: Responds to love by loving gestures.
- Trusting. Believes the other person really cares .
- Secure: Delights in partner's love and affection.

## C) Triad #2: The Path toward Intimacy (SS 2:16; 6:3; 7:10)

“My beloved is mine, and I am his.” (Song of Solomon 2:16)

“I am my beloved’s and my beloved is mine.” (Song of Solomon 6:3)

“I am my beloved’s and his desire is for me.” (Song of Solomon 7:10)

(1) The \_\_\_\_\_:

“My beloved is mine, and I am his.”

- Intimacy requires trust
- Relational change requires personal change first

(2) Transformation to Devotion:

“I am my beloved’s and my beloved is mine.”

- “I am his woman; he is my man”
- Priority of her \_\_\_\_\_

What's the transformation?  
“My beloved is mine, and I am his.” ( 2:16)

“I am my beloved’s and my beloved is mine.” ( 6:3)

(3) Transformation to Surrender:

“I am my beloved’s and his desire is for me.”

- Focus is totally outward
- Maintains her responsibility
- Fulfillment

“I am my beloved’s and my beloved is mine.” ( 6:3)

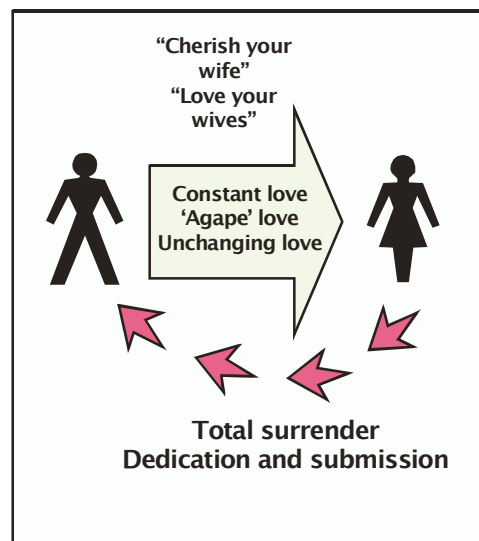
“I am my beloved’s and his desire is for me.” ( 7:10)

What's the transformation?

That He would grant you ... that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fulness of God. (Ephesians 3:16–19).

### Conclusion & Application

- (1) Replace focus on self with devotion to other.
- (2) Devotion with a purpose: Make a greater person.
- (3) Fully satisfied with the other’s love.



**Marriage is dying to yourself so that you can be faithful to your spouse. The two cannot become one in the fullest sense until each has lost his or her focus on own needs and focuses on the needs of the other.**

**Building Great Marriages: Answer Sheet  
Session #9**

**Developing Trust & Intimacy in Marriage**

2) The Means: Experiencing **love**

3) Song of Solomon's Two **Triads**

Humility:

Superficial:

Undeserving:

**Deserving:**

**Retainable:**

Able to lose:

Secure:

Insecurity:

- Special
- **Compared**
- Valued

(1) The Commitment:

- "I am his woman; he is my man"
- Priority of her responsibility