

Romance

The Need for Romance

Almost everyone has a need for romance in their life. Nearly every marriage begins with a romantic attraction. This doesn't always involve their outward appearance, it could have been their love for the Lord or their sense of humor among other things.

In the Bible there are great examples of love stories such as the Song of Solomon. It is exciting to see the love God placed in the hearts of the Shulamite woman and the Beloved for one another.

9 You have ravished my heart,
My sister, my spouse;
You have ravished my heart
With one *look* of your eyes,
With one link of your necklace.

10 How fair is your love,
My sister, my spouse!
How much better than wine is your love,
And the scent of your perfumes
Than all spices! - SOS 4:9-10

Ravished my heart means you make my heart beat faster.

1. What is your definition of romance?

2. What first attracted you to your spouse or fiancée?

Become Friends First

The best way to cultivate and maintain romance in a marriage is through friendship.

The Shulamite woman said:

His mouth *is* most sweet,

Yes, he *is* altogether lovely.

This *is* my beloved,

And this *is* my friend,

O daughters of Jerusalem! SCS 5:16

To be a friend requires that we be friendly in word and deed.

18 My little children, let us not love in word or in tongue, but in deed and in truth.

1 John 3:18

We should want to exemplify the kindness of Jesus at all times. The only way to have the ability to exhibit the kindness of Jesus is by the work and power of the Holy Spirit. If our spouse is our friend they ought to experience our love by the way we act toward them, serve them, and sacrifice for them. If there is a conflict the the conflict needs to be resolved. Conflict destroys romance and the Love God intends for us towards one another. Romance is built upon kindness and active daily communication. Friendships don't exist or grow without communication.

3. The Bible says: A friend loves at all times Pro 17:17. Would you describe yourself as a friendly person? If so, how do you do it?

4. What we say to each other will either encourage or discourage the romance in our relationship. Is there anything you have been saying that could hinder your romance? ([Eph 4:32](#) Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.)

Be Spontaneous

Romance is also built upon being spontaneous and unpredictable with a little bit of creativity.

Don't forget to surprise each other with:

A gift for no reason at all

Love notes, cards, post its, emails, tweets, Facebook posts, texts, phone calls, and etc...

Make or bring home their favorite food or sweet.

Go for walks in pleasant places, spend time together in solitude.

These suggestions don't have to be entirely spontaneous it is OK to plan too for weekly lunch meetings or date nights too.

The important thing is you carve out time to spend time together devoted to one another. An essential element of this time together away from the distractions of this world and life in general is prayer. Include God in everything!

In the book of Song of Solomon the Beloved and the Shulamite took a romantic walk together to observe and enjoys the wonders of God's creation together.

10 My beloved spoke, and said to me:

"Rise up, my love, my fair one,
And come away.

11 For lo, the winter is past,
The rain is over and gone.

12 The flowers appear on the earth;
The time of singing has come,
And the voice of the turtledove
Is heard in our land.

13 The fig tree puts forth her green figs,
And the vines with the tender grapes
Give a good smell.

Rise up, my love, my fair one,
And come away!

Leave your cell phones at home and go for walk together outdoors holding hands and enjoying the moment.

5. Romance is being unpredictable and spontaneous. List a few ideas of ways you can be spontaneous with your fiance or spouse.

a.
b.
c.
d.
e.
f.

Keep your Romance Alive

Keep yourselves age appropriate physically attractive to one another.

In the Song of Solomon the Beloved said to the Shulamite:

O prince's daughter!

The curves of your thighs *are* like jewels,

The work of the hands of a skillful workman.

[4](#) Your neck *is* like an ivory tower,

Your eyes *like* the pools in Heshbon

By the gate of Bath Rabbim.

Your nose *is* like the tower of Lebanon

Which looks toward Damascus.

[5](#) Your head crowns you like *Mount Carmel*,

And the hair of your head *is* like purple;

A king *is* held captive by *your tresses*.

[6](#) How fair and how pleasant you are,

O love, with your delights!

SOS 7:1, 4-6

Yes the outward or physical body is perishing, but the inward man is being renewed day by day (2 Cor 4:16) so we need to give more weight to the spiritual than the physical, none the less, we ought not let our bodies go into disrepair.

Think of how much time and effort you put in to presenting yourself at your best before you were married, as some of you are now. Most likely It isn't feasible to keep up such a high level of maintenance, but we should abandon hygiene,

fitness, and wardrobe all together either. Continue to take care of yourself so you can better serve one another.

Romance is also kept alive by helping each other with the different responsibilities of life, especially when one of you gets behind, is wore down, or just needs some encouragement. Join them side by side, or surprise them by doing the task for them every once in a while.

Words also are a key component to continued vibrant romance. Compliment one another, tell each other you love the, how thankful you are, what a great job they are doing, how much you appreciate all they do, how you beautiful they are, how kind they are... Say encouraging, kind, nice, things to each other even when you don't feel like, or feel like they don't deserve it. Harsh, mean, belittle, discouraging words will kill romance in the twinkling of an eye.

Physical Love

Most if not all physical love is to be saved for marriage. Once married though don't forget to hold each others hand, give each other hugs, kiss each other, give a quick neck massage or back rub while your spouse is at the kitchen counter. Little things go a long way and continue to communicate your commitment and love for one another.

The ultimate way we get to experience our love for one physically is through sexual intimacy. This is an act that God has clearly reserved only for husbands and wives. It is a wonderful and beautiful thing that God created for each others pleasure, and sex should be enjoyed together throughout your marriage.

The Bible says:

Now concerning the things of which you wrote to me:

It is good for a man not to touch a woman. 2 Nevertheless, because of sexual immorality, let each man have his own wife, and let each woman have her own husband. 3 Let the husband render to his wife the affection due her, and likewise also the wife to her husband. 4 The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. 5 Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of

your lack of self-control. 6 But I say this as a concession, not as a commandment. 1Cor 7:1-6

Don't listen to the temptation that since you are engaged you are committed to one another so what is the difference why not start having sex now. NO! wait until your wedding night. Sex believe it or not is something that is done in the presence of God, therefore the only way you can enjoy guilt free sex is to keep it holy and sanctified, by honoring and worshipping God at all times and only have sex with your wife, when you are married. If you engage in sexual relations before being married, you are actively committing idolatry, because you are holding sex in a higher place in your heart than God. You are essentially saying God, sex is more important to me than you. When sex is experienced according to God's will it is a far more pleasurable experience than when it is done in sin.

The apostle Paul said in the Bible:

16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. 17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. 18 But if you are led by the Spirit, you are not under the law.

19 Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, 20 idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, 21 envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. (Gal 5:16-21)

The Bible says:

9 Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, 10 nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. 11 And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God. (1 Cor 6:9-11)

Many couples want to take advantage of the benefits of being married, financial, logistical, etc. before they get married. Some of you may already be living together, or being pressured to live together, but living together is

statistically and biblically not a good way to begin a marriage relationship. The bible says: [1Th 5:22](#) Abstain from all appearance of evil. Living together gives the appearance of having sex before marriage. Quite honestly if you are in love with and attracted to your fiance, it is unreasonable to believe that you could maintain a sex free relationship while living together.

The Lord wants you to have victory in abstaining from sex before marriage. Some guidelines to discuss with your fiance:

We need to spend as much time as we can with groups of people.

We need to set a reasonable curfew for our dates.

We will not kiss each other in the car when we are alone.

We will not discuss our future physical relationship.

We will not visit one another at home if no one else is present.

You may be insulted by these guidelines, but the devil seeks like a roaring lion to devour who he may.

The Differences Between Men and Women

Through research William F. Harley documented in his book "His Needs, Her Needs" the five basic needs of men and women and they are very different.

The Five Basic Needs of a Man

1. Sexual Fulfillment
2. Recreational Companionship
3. An Attractive Spouse
4. Domestic Support
5. Admiration

The Five Basic Need of Woman

1. Affection
2. Conversation
3. Honesty and Openness
4. Financial support
5. Family Commitment

Basically men want sex and women want tenderness and affection, and both need to be considerate of the others needs.

The Bible says:

[1Cr 7:5](#) So do not deprive each other of sexual relations. The only exception to this rule would be the agreement of both husband and wife to refrain from sexual intimacy for a limited time, so they can give themselves more completely

to prayer. Afterward they should come together again so that Satan won't be able to tempt them because of their lack of self-control.

We are never to use sex a bartering or manipulation tool ever. The scriptures say that our bodies belong to our spouses, and they are no longer our own. We are to minister to each other sexually.

There are many ways to keep the romance alive in your marriage. Romance goes way beyond the physical, most importantly is based on being life long friends that fulfill each others needs in a God honoring way.

6. What do you think is your greatest need in marriage?

7. Consider 1 John 3:18 and list some tangible ways you can express your love. [1Jo 3:18](#) Dear children, let us stop just saying we love each other; let us really show it by our actions.

8. List some of the things that could hinder romance in marriage.

9. Read Isaiah 64:8. We need to remember that God is going to change your fiancée or spouse in His timing. In light of this, do they have any weaknesses that you need to surrender to the Lord?

[Isa 64:8](#) Lord, you are our Father. We are the clay, and you are the potter. We are all formed by your hand.

10. Knowing that the Scriptures say regarding sex before marriage, what steps are you taking to abstain and keep yourselves pure before the Lord?

11. What does it mean to “abstain from all appearance of evil”?
