

# SEX AS IT SHOULD BE

## SONG OF SOLOMON 1-8

Once a pig farmer had three sows he wanted to breed with his neighbor's boar. One morning, after calling to make arrangements, he loaded the three pigs in the back of his pick-up and drove to his friend's farm.

There he unloaded the sows, put them in the pen with the male pig, and left them the rest of the day. When he returned that afternoon he asked his neighbor how he'd know if the mating was successful. His friend told him, "In the morning when you wake up, if the pigs are rolling in the grass you'll know it took, but if they're rolling in the mud you'll know it didn't."

The next morning the farmer ran to the window to check on his sows. And there they were - *all three girls were out rolling in the mud*. Well, the farmer was disappointed, but he decided to try it again... He loaded up the pigs in his pick-up and took them back to his friend's farm. Again he put them in the pen with the boar, and promised to return that afternoon.

When he arrived later that day he asked again, "How do I know if little piglets are on the way?" The neighbor repeated it, "If they're rolling in the grass you know it took - if they're rolling in the mud you know it didn't." As soon as he awoke the next morning he looked out the window and there were the pigs rolling in the mud.

Undaunted, he loaded up the sows a third time and returned to his neighbor. At the end of the day, he asked his friend one more time, "Now let me get this straight, if they're rolling in the grass it took, if they're rolling in the mud it didn't." "*That's right, you got it!*"

That night the farmer had to fly out of town, but the next morning he called his wife and asked her look out the window and tell him if the pigs were rolling in the grass or rolling in the mud... He waited and waited...

Finally, his wife returned to the phone. He had to know, "Honey, are the pigs rolling in the grass, or in the mud?" She responded, "Neither, two are in the back of your truck, and one is in the cab honking the horn!"

Obviously, his neighbor's male pig was *no bore!*

The moral of the story is that God created sex not just for *breeding* but for *blessing*. The Creator designed sex not just for our *procreation*, but for our *pleasure*.

If all God cared about was repopulating the planet, cloning or cell division would've done the job, but sex brings a husband and wife together in a manner that creates

intimacy and enjoyment. Sex fuses two lives and solidifies their commitment and closeness.

Make no mistake about it when God created sex, like everything else He created, He said that it was **GOOD!**

Tonight, we want to look at the biblical account of Solomon and the Shulamite. The Song of Solomon describes just how lavish a source of intimacy and ecstasy sex can be between a husband and a wife.

Since sex is so often abused and misused in our society we can get the impression that sex is evil, but not so! That's certainly not God's take on the subject.

Hebrews 13:4 reads, "**marriage is honorable among all, and the bed undefiled.**" The word translated "**bed**" in verse 4 is the Greek word for sexual intercourse.

Proverbs 5:18-19 daringly declares, "**Rejoice with the wife of your youth... Let her breasts satisfy you at all times; always be enraptured with her love.**"

Hey, *God is no prude*. His version of *sex-as-it-should-be* is so graphic - the language is so erotic and sensual - the Jewish rabbis prohibited their young men from even reading the Song of Solomon until they had reached the age of 30 years old...

These eight chapters will steam your glasses - they'll race your pulse - they'll cause your face to blush - but just remember, *God isn't blushing!* God wrote the book on sex and He wants us to read it, and understand it, and even model it in our marriages.

A trip to the local bookstore will turn up thousands of sex manuals on the market. But there's only one written by the Creator, and that's the Song of Solomon.

This evening we're going to chart the sexual highs and lows of Solomon and the Shulamite... Marriage, and especially sex in marriage, is not always fireworks and red hot 4th of Julys. There are occasionally chilly days when the temperature dips near freezing. At times the sex *sizzles*, at other times it *fizzles* - but most of the time it's somewhere in between. This was the experience of Shlomo and Shula.

If you're taking notes I've outlined their ups and downs as follows: **the bill for sex - the thrill of sex - the frills to sex - the skill in sex - the chill on sex**. Here it is again, in short-hand form. Five movements: **the bill, the thrill, the frills, the skill, and the chill!**

Before we pry into their sex life, first, let me introduce you to our couple... **Solomon**, you probably know. He was the King of Israel. One day, his royal entourage was weaving through the countryside when he saw this beautiful maiden keeping watch over her family's flocks. Solomon returned to meet her disguised as a shepherd. It was

only after she'd fallen in love with him, and agreed to marry him, that he revealed his identity.

**The Shulamite** was a country girl a hillbilly babe, sort of a Carrie Underwood - *beautiful but a little backwoods*. And this was why Solomon fell in love. His palace was packed with cover girls - pampered pin-ups with store-bought beauty - but the Shulamite was different. Hers was a natural beauty - a simple, rustic, yet stunning beauty. She had the perfections of a rose and the attractiveness of a field of wild dandelions.

And she was honest, a woman of virtue and character - undefiled by the big city. Her country charm and innocence had caused the king to fall in love. He took her to be his wife and moved her to his palace.

Chapter 1 opens with her already in Jerusalem. She's a new queen in new surroundings. During her *country courtship* it was just her and her shepherd - the two of them, Shlomo and Shula. The days were free, the hours private, the duties light... Now she's the wife of the King. She has servants and responsibilities.

And Solomon is about his *daily duties*. He's busy attending to affairs of state, and he's often late returning to the palace... Life has changed. She's not use to sharing her husband with so many people.

And she's also now painfully aware that in the palace there're other women who long for her husband - *she sees the looks*... They'd love to be with the king. Upon moving to the city she realizes she now has competition. This is why in chapter 1 we find her questioning her attractiveness, nursing her insecurities.

Listen to her sulk in verses 5-6... "I am dark, but lovely, O daughters of Jerusalem, like the tents of Kedar, like the curtains of Solomon. Do not look upon me, because I am dark, because the sun has tanned me. My mother's sons were angry with me; they made me the keeper of the vineyards, but my own vineyard I have not kept." The Shulamite bemoans the fact that her skin is *tough* and *tanned*. She feels inferior.

The *palace princesses* were always indoors. They were pampered with bubble baths and facials. Their skin was moisturized. They had *creamy complexions*.

But the Shulamite had been out in the fields, under the hot sun - caring more about her brother's sheep than about her own appearance. When she compares herself with the royal court she feels inferior, and wonders why Solomon would ever love the likes of her.

Men, the first step toward a healthy sex life for you and your wife is for you to show **a sensitivity toward your wife's insecurity**. **The bill**, if you will - the cost for a vibrant, vigorous sexual intimacy is **sensitivity**.

Fellows, like the Shulamite maiden your wife has some misgivings about her physical appearance... A recent Harris Poll revealed that 99% of all women wish they could change something about their body.

The popularity of breast implants, fanny tucks, and face lifts - testify to female insecurities. Men, your wife won't give herself freely and uninhibitedly unless she's certain you're satisfied with what you're getting. This is why you're are a blabbering idiot if you're ever critical or condemning of your wife's appearance. **If you want her to want you... then praise how she looks!**

Tell her how much you love the special features God created in her - *even the features she's added over the years*. The more assurance you bring - the more affirmation you send - the more trust she has in your acceptance and appreciation - the more she'll be able to *open up* and *loosen up* in her sexual expression.

This is what Solomon does. Look how he speaks to her concerns in verses 8-10, **"If you do not know, O fairest among women, follow in the footsteps of the flock, and feed your little goats beside the shepherds' tents. I have compared you, my love, to my filly among Pharaoh's chariots. Your cheeks are lovely with ornaments, your neck with chains of gold."** Solomon is praising the Shulamite's beauty. He's assuring her, as far as he's concerned she has no competition.

The mention of **"pharaoh's filly"** was probably a reference to the daughter of Pharaoh who was given to Solomon in a diplomatic maneuver to ratify the peace treaty he'd signed with Egypt. The *presence* of this *princess* had added to *Shula's insecurities*. Solomon let's his wife know that she is the only girl for him!

Radical feminist Gloria Steinem was once asked why she had never married. Gloria responded, **"I could never mate in captivity."** Well, if Gloria wants to compare herself to a wild animal that's up to her, but most of the women I've talked to view marriage not as a *captivity*, but as an opportunity for *creativity*.

Only when a woman is completely sure of her hubby's acceptance and commitment can she *release mentally*, and *relax emotionally*, and *explode sexually*. Husbands always remember, **the bill for a healthy sex life is sensitivity toward your wife's insecurity.**

Second, the Shulamite describes the **thrill** of sex. She recalls one night in particular that characterized the early days of their marriage. The evening began at an *official dinner* and ended with a *sexual feast*.

The king and queen were at a royal function when Shula tells us what happened... 1:12-14, **"While the king is at his table, my spikenard sends forth its fragrance. A bundle of myrrh is my beloved to me, that lies all night between my breasts. My beloved is to me a cluster of henna blooms in the vineyards of En Gedi."**

That evening the Shulamite went to dinner wearing a new perfume. It could've been *Hallel #5*. In the midst of the meal it caught the king's attention. The aroma waft across the room, and it was recognized by the king. The couple exchanged knowing glances. Just the look in each other's eyes aroused their passions.

We're allowed to eavesdrop in on their conversation once the dinner was over, and they'd returned home. They're in the palace bedroom, when in verse 15 Solomon says to his bride, "Behold, you are fair, my love! Behold, you are fair! You have dove's eyes."

The Shulamite answers him in verse 16-17, "Behold, you are handsome, my beloved! Yes, pleasant! Also our bed is green. The beams of our houses are cedar, and our rafters of fir." Notice she's talking about the rafters... which means she must be lying on her back! The Shulamite is inviting her husband to bed.

In 2:1 she says, "I am the rose of Sharon, and the lily of the valleys." This again is a sign of her insecurities. In ancient Israel roses and lilies were common flowers. Rather than go for \$100 a dozen, you could pick roses anywhere. Here, the Shulamite is bringing her insecurities to bed. Self doubt will spoil the evening unless a quick thinking Solomon picks up the bill!

And look at how he answers her - verse 2, "Like a lily among thorns, so is my love among the daughters." *What a fantastic line!* She calls herself a lily, but Solomon counters by saying, "a lily among thorns." Solomon was sensitive to his wife's reservations and insecurities, and was quick to lay them to rest.

She continues, "Like an apple tree among the trees of the woods, so is my beloved among the sons. I sat down in his shade with great delight, and his fruit was sweet to my taste. He brought me to the banqueting house, and his banner over me was love. Sustain me with cakes of raisins, refresh me with apples, for I am lovesick. His left hand is under my head, and his right hand embraces me." The phrase translated, "*lovesick*," means that she's exhausted from making love. The talk of raisin-cakes and apples also have sexual overtones.

After a night of *stimulating sex*, in verse 7 the Shulamite has some advice for her *single servants*... "I charge you, O daughters of Jerusalem, by the gazelles or by the does of the field, do not stir up nor awaken love until it pleases." As a nuclear reaction has to be contained lest it causes damage, sex is an emotional fusion that should be reserved for marriage.

There're three points I'll make from this episode: the **wooing, wording, warning** - all add to the *thrill* of sex.

First, notice the **wooing**. Shlomo and Shula began their foreplay long before they entered their bedroom. A book was published a few years ago entitled "*Sex Begins in the Kitchen.*" I never read the book, but I've never forgot the title. The implication is that little acts of kindness, thoughtfulness, and tenderness *throughout the day* do more to arouse your wife sexually than does a sudden embrace at *the end of the day*.

Good husbands realize the differences in the sexual impulses of men and women. Men are turned on by sight. Show him a little leg, and the ole boy goes wild.

But women are aroused sloooowly - more gradually. A stimulating night in bed begins with a kind word at breakfast - or a telephone call during the day - or help with the dishes – or helping the kids with their homework, and then putting them to bed. *Women respond more to forethought than simply foreplay.*

When it comes to sexual desire men are like dry leaves - easily combustible. It doesn't take much for them to ignite, but they burn out rather quickly.

Whereas women are like charcoal - It takes longer, and more effort to ignite them. Lighting charcoal can be a very delicate job. You have to *protect* it from the wind, *prime* it with lighter fluid, be *patient* - it may take several matches to kindle a flame. But once it begins to burn it lasts a lot longer than a pile of leaves.

Men, your wife has a deeper threshold for sexual enjoyment than you do, but if she's to experience it she needs to be gently *primed, protected, shown patience*.

Second, notice the **wording**. Why all this symbolism? All this talk of apples and raisin cakes? Realize, when God speaks of sexual expression He doesn't use *slang terms* which would be crass and crude... Neither does He use *medical terms* which would sound unromantic and mechanical...

God uses *poetic symbolism* to describe sexual expression. The Shulamite says, "*I sat down in his shade*" and "*his fruit was sweet to my taste*". When you think of it symbolically her phrases are quite a turn-on! Ladies what would you say is more appealing, "*Hey, get over here and let me inspect the merchandise.*" or... "*Let me visit your garden and enjoy its fruit.*"

I'm not going to give any examples, but Kathy and I have had a lot of fun experimenting with our own phrases... I'm just saying a great way for a couple to spice up their sex life is with some verbal stimulation.

Don't talk *dirty*, talk *descriptive*. Develop some clean, poetic - yet suggestive language - to stimulate your spouse and communicate what you desire. It's biblical and it'll dramatically enhance your sexual relationship.

And finally, Solomon issues a **warning** to his single servants. Sexual intimacy is so powerful and emotionally charged it should be reserved for marriage.

Sex is like super glue. Once it's applied it creates a permanent bond. Try to disconnect what's been glued and it doesn't pull apart easily. It tears and rips and does damage. And sex outside of marriage creates a similar psychological carnage. People get used and abused. They give their most intimate self to another person only to be rejected. It destroys our self-worth. When it comes to sex don't *"do it,"* until you say *"I do."*

Next, notice the **frills** to sex. In Chapters 2-5 the Shulamite flashes back to her courtship, Solomon's proposal, and their honeymoon. It was a spring day when he proposed. She accepted, and Solomon went to Jerusalem to prepare for the nuptials. He then returned for the wedding, and they honeymooned from Lebanon all the way back to the city of Jerusalem.

She remembers in 3:6... *"Who is this coming out of the wilderness like pillars of smoke, perfumed with myrrh and frankincense, with all the merchant's fragrant powders? Behold, it is Solomon's couch, with sixty valiant men around it, of the valiant of Israel. They all hold swords, being expert in war. Every man has his sword on his thigh because of fear in the night.*

*Of the wood of Lebanon Solomon the King made himself a palanquin: He made its pillars of silver, its support of gold, its seat of purple, its interior paved with love by the daughters of Jerusalem. Go forth, O daughters of Zion, and see King Solomon with the crown with which his mother crowned him on the day of his wedding, the day of the gladness of his heart."*

Of these *frills*, notice the **couch**, then the **clothes**. Solomon is riding in a honeymoon limo. The *"palanquin"* was a mobile bedroom - an ancient version of a customized van - with stereo, and opaque glass, and carpeted bed. *This is the vehicle you would never allow your unmarried daughter to step foot in!*

The court ladies in Jerusalem lined the bed with soft flower pedals and scented powders. The Orientals believed that the art of lovemaking should include the stimulation of all five senses. The honeymoon environment was exciting, and stimulating, and soothing. **Solomon's couch showed that he cared.**

Husbands, please understand that when it comes to your wife's sexual desire environment matters. When men are aroused all that exists in the world are the two sheets and his wife. For the guy, sex is a time to *"block out"*... But for the wife, sex is a time to *"take in"*...

Thus, she's acutely aware of her surroundings. *Are the clothes picked up? Can the children hear us? Are the lights just right? Are the dishes done?* A husband could care

less about the dishes. I'd just as soon throw the dishes out into the backyard and buy new dishes.

But a smart lover doesn't fight his wife on these issues. He plays by her rules and makes the environment they share as enticing as possible.

One biblical commentator describes the bedroom environment we'd find if we had climbed into the king's palanquin... "The wall would be lined with beautiful linen and satin curtains, coated with scented powders to make the room smell erotic. The bed sheets were dusted with scented powders as was the clothing.

Furthermore, their bodies were anointed with scented lotions. To top it all off, they probably burned incense, and thus the whole room was filled with smoke. In fact, we probably would've choked!"

*Perhaps you could start with a scaled-down version.* Men, draw a warm bubble bath for your wife, and let her soak - while you do dishes and put the kids to bed.

Prep the bedroom with soft lights, romantic music, a scented candle. Go down to the Walmart and get a "Love Songs from the 80s" CD. Give your girl a massage with soothing lotion. Try it once a week for three months, and tell me if you're disappointed with the results. Solomon shows his wisdom by sparing no expense in creating the right atmosphere for his bride.

Look too at the Shulamite's **clothes**. In 4:1 we're told she's wearing a veil - in other words, *sexy lingerie*.

An old pastor friend said to a young Charlie Shedd, "Son, you've got to save money somewhere, but there are two places you should never cut back. Never try to save money on food or your wife's lingerie!"

A woman will *act sexy* if she *feels sexy* - and she'll *feel sexy* if she *looks sexy*... So sale the car, refinance the house, put off new shoes for the kid, but whatever you do, don't cut back on your wife's lingerie budget.

Fourth, notice the **skill** in sex. Listen carefully as we read through chapter 4, and husbands take notes... I'm afraid some guys are "all hands." They've yet to learn that touching their wife with words does far more to arouse her sexually than pawing all over her...

And Solomon is a master at spinning a phrase. He arouses his wife by whispering complements in her ears. His **talk**, his **tenderness**, and then his **touch** work together to bring Shula *sexual satisfaction*.

Look at 4:1, "Behold, you are fair, my love! Behold, you are fair! You have dove's eyes behind your veil. Your hair is like a flock of goats, going down from Mount until."

Imagine, watching a flock of black goats walking down a mountain in a single file line, and you get the idea. He's describing locks of her hair... Of course, hair like "goats hair" may not mean as much to your wife as it did to Solomon's. You might have to do some translation, but work at it, she'll love your effort.

Verse 2, "Your teeth are like a flock of shorn sheep which have come up from the washing, every one of which bears twins, and none is barren among them." Apparently, she had a good orthodontist as a kid.

Verses 3-4, "Your lips are like a strand of scarlet, and your mouth is lovely." Realize, you don't come up with this imagery on the spur of the moment. Solomon gave this wording some advance thought and preparation.

He continues, "Your temples behind your veil are like a piece of pomegranate. Your neck is like the tower of David, built for an armory, on which hang a thousand bucklers, all shields of mighty men." Solomon loves her jewelry. Her necklace is like a ammunition belt...

And apparently, he's working his way down her body... from her *temples* to her *neck*... *down he goes*...

In verses 5-6 he whispers, "Your two breasts are like two fawns, twins of a gazelle, which feed among the lilies. Until the day breaks and the shadows flee away, I will go my way to the mountain of myrrh and to the hill of frankincense." And I'll let you guess what he means by "*mountain of myrrh*" and "*hill of frankincense*."

But men, make no mistake about it, you're watching a skilled lover at work. He doesn't just jump right in, and go for the big splash. He moves slowly and gently, *lovingly lingering* over every inch of her body. He shows self-restraint. He takes time to tell her how beautiful she is to him. *Shlomo knows what he's doing!*

In verse 8 he says, "Come with me from Lebanon, my spouse, with me from Lebanon. Look from the top of Amana, from the top of Senir and Hermon, from the lions' dens, from the mountains of the leopards."

Remember, it's only been a few days since they were in far-away Lebanon. He senses her mind wandering, so he addresses her concerns.

Sometimes before a wife is ready for sex she just needs to talk... Discuss her day, what's happening with the kids. The wise husband resists the urge to "*just get on with it*." Instead, he remains sensitive to her needs.

Solomon says in verses 9-11, "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. 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! Your lips, O my spouse, drip as the honeycomb; honey and milk are under your tongue; and the fragrance of your garments is like the fragrance of Lebanon.” The Hebrews knew about this kissing long before the French took credit.

Verses 12-15 turn up the heat, “A garden enclosed is my sister, my spouse, a spring shut up, a fountain sealed. Your plants are an orchard of pomegranates with pleasant fruits, fragrant henna with spikenard, spikenard and saffron, calamus and cinnamon, with all trees of frankincense, myrrh and aloes, with all the chief spices - a fountain of gardens, a well of living waters, and streams from Lebanon.”

Gardens in biblical times were more than a couple of rows of vegetables. They were walled enclosures interlaced with paths, fountains, shade and fruit trees. There were sweet-smelling herbs, and breezy arbors where you could sit and enjoy the refreshing effects.

Up until the honeymoon the Shulamite's sexuality was a garden enclosed. The wall was up. Before marriage this garden full of spices and sweets was owned by her alone, but now she invites and entices her husband to enter in, and enjoy its pleasures.

**He initiates**, but she doesn't just tolerate sex, she **invites him in!** In verse 16 she says, “Awake, O north wind, and come, O south! Blow upon my garden, that its spices may flow out. Let my beloved come to his garden and eat its pleasant fruits.” The Shulamite asks Solomon to arouse her passions and enjoy its fruits.

Notice both husband and wife **are givers not takers**. There should be no selfishness in the marriage bed. The goal is to please each other, not just themselves.

I love the last half of 5:1, many Bible commentators believe it's the voice of God putting his stamp of approval on their sexual expression. He says, “Eat, O friends! Drink, yes, drink deeply, O beloved ones!” From the beginning, God said that it was **GOOD!**

Finally, notice the **chill** on sex. In chapter 5 the Shulamite has a dream that warns her about some bad attitudes that are creeping into her sex life. She says in verse 2, “I sleep, but my heart is awake (in other words, this is a dream); It is the voice of my beloved! He knocks, saying, "Open for me, my sister, my love, my dove, my perfect one; for my head is covered with dew, my locks with the drops of the night.”

In her dream, Solomon is late getting home from work. It must've been the wee hours of the morning since his clothes are soaked with dew. He wants into the queen's room to *initiate intimacy*. She's not willing.

In verse 3, she offers a couple of lame excuses, **“I have taken off my robe; how can I put it on again?”** I’m sure Solomon is saying, **“Baby, don’t worry about the robe – it’s the last thing you’re going to need!”**

**“I have washed my feet; how can I defile them?”** All of a sudden, she’s got a clean foot fetish - what a lame excuse! *She just doesn’t want to be bothered.*

She recalls in verses 4-6, **“My beloved put his hand by the latch of the door, and my heart yearned for him.**

**I arose to open for my beloved, and my hands dripped with myrrh, my fingers with liquid myrrh, on the handles of the lock. I opened for my beloved, but my beloved had turned away and was gone. My heart leaped up when he spoke. I sought him, but I could not find him; I called him, but he gave me no answer.”**

By the time Shula rises to open the door Solomon’s gone. He’s been spurned. His fragile male ego has been crushed. She realizes he’s been hurt, and she races into the streets to find him and apologize.

I’m convinced most women don’t realize how significant sex is to their hubby. *Clueless* is too strong a word, but they vastly underestimate its significance.

Let me ask.. *How many wives desire conversation with your husband?... How many of you would think something was terribly wrong if conversation were lacking?...* Well, wives recognize a simple truth - **sex is to a husband what conversation is to a wife.**

Ladies, when the world beats your husband down, and his superiors mistreat him - when he falls short of his goals... sex is your tool to prop up his confidence. A wife can let her husband know that at least to one person he’s still the most desirable man in the world.

A sensitive woman can use her sensual charms to pump air back into her man’s deflated sails. Through sex she can make everything right in his world... at least for a night. She can encourage his manhood.

Ladies, even when you have to turn your husband down, please do it gently. Another author writes, **“When a wife needs to reject her husband’s sexual advances, he may feel down not just for missing out on a moment of pleasure, but his manhood may feel rejected.”**

A wise woman eases the blow by saying something like, **“I just can’t get with it tonight, baby, but I know I won’t be able to stay away from a man like you for long.”** I hear that and think, **“Oh, ok, that’s not so bad.”**

And ladies, make sure those rejections are few and far between. In 1 Corinthians 7 Paul says to married couples, our bodies are not our own. Verse 4 puts it, **“the wife**

does not have authority over her own body, but the husband does... and the husband does not have authority over his own body, but the wife does."

Therefore he says in verse 5, "do not deprive one another.." And the reason... "so that Satan does not tempt you because of your lack of self-control."

Sex in marriage should consist of **three Fs**. Make it *fun*, *fulfilling*, and perhaps most importantly, *frequent*...

The Shulamite made three changes in her marriage to remove the *chill* that had settled on their sex life.

First, was a new **attitude** toward her husband. Second, a new **aggressiveness** toward her husband. And third, she sought a new **atmosphere** to share with her husband... We'll close with these three changes...

First, notice she adopts a new **attitude** toward her husband's body. Listen to her in 5:10-14, "My beloved is white and ruddy, chief among ten thousand. His head is like the finest gold; his locks are wavy, and black as a raven. His eyes are like doves by the rivers of waters, washed with milk, and fitly set. His cheeks are like a bed of spices, banks of scented herbs. His lips are lilies, dripping liquid myrrh. His hands are rods of gold set with beryl. His body is carved ivory inlaid with sapphires." So far in their relationship only Solomon describes the body of his spouse. But now the Shulamite is describing Solomon. Notice, she is training her mind to think sexually about her husband.

She too starts with the hair and works her way down. The ivory portion of his body is the area where the sun never shines - it stays white - and the sapphire inlays are the blood vessels running under his skin.

She says in verse 15, "His legs are pillars of marble set on bases of fine gold. His countenance is like Lebanon, excellent as the cedars. His mouth is most sweet, yes, he is altogether lovely. This is my beloved, and this is my friend, O daughters of Jerusalem!"

To some women the word "husband" has become a synonym for the words "provider", "father", "nice guy", even "friend" - but they've stopped associating the term with the word "lover." Wives, you need to view your husband's body as God's gift to satisfy you sexually.

There's nothing wrong with you thinking of your husband in an erotic, sensual, sexual way. Here the Shulamite is daydreaming about Solomon's physical features and it's breaking the *chill* - her new attitude toward his bod is arousing her sexual passion.

Second, note a new sexual **aggressiveness** toward her husband. In chapter 7 she dances for Solomon. And understand, this is definitely not the fox trot, or a square dance. Ladies this is a very sensual, sexy, seductive dance done for the purpose of arousing her husband sexually. *And it is only for the bedroom.*

In verse 1 Solomon talks about his wife's sandals... but that's the last stitch of clothing he mentions. Apparently, that was all she had on, a pair of sandals.

In verse 1, **"How beautiful are your feet in sandals, O prince's daughter! The curves of your thighs are like jewels, the work of the hands of a skillful workman."**

The phrase **"curves of your thighs"** is best translated **"the vibration of your hips."** The Shulamite understands men are turned on visually, and so she's providing her husband with some visual, sexual stimulation!

When you get to your bedroom tonight read the rest of Chapter 7 - this must've been quite a dance!... But ladies don't miss the point, there are times in marriage when you need to be the sexual aggressor.

If your husband is the only one in the marriage initiating intimacy he grows frustrated and gets the impression he's a burden to his wife. Husbands need to know sexual desire in the marriage goes both ways.

Female author Jo Berry writes, **"One of the greatest blessings a husband receives is when his wife takes the initiative. Those are the times he cherishes in his heart, just as a woman cherishes an unexpected gift or a bouquet of flowers. A couple's sex life will be very one-sided, and vital lines of communication blocked if the husband always has to be the one to institute sex."**

The Shulamite understood this and worked through whatever reservations she had to bless her husband.

Many wives are afraid if they show too much sexual interest toward their husband he'll be more obsessed with sex than he already is. But, that's seldom true.

Question: **"When are you most obsessed with food?"**

Answer: **"When you're own a diet."**

Your obsession with food dissipates when you know you can eat all you want... And wife, you'll find the same is true with a husband's sexual appetites. **Take your ole boy off the diet, and he might just settle into a frequency that's comfortable for you both.**

Finally, notice the new **atmosphere**. Look at 7:11-12, **"Come, my beloved, let us go forth to the field; let us lodge in the villages. Let us get up early to the vineyards; let us see if the vine has budded, whether the grape blossoms are open, and the pomegranates are in bloom. There I will give you my love."**

The Shulamite knows a change of scenery will help renew her sexual interest. She suggests a romantic trip to the country... *Perhaps your marriage could benefit from the same - a cruise or a mountain get-away.*

In conclusion, let me summarize what we've learned.

The **bill** for a vibrant sex life is **a sensitivity to your wife's insecurities...**

The **thrill** is accentuated by **wooing** and **wording** and there's a **warning...**

Don't forget the **frills**, the **couch** and the **clothes...**

The **skill** involves **talk**, **tenderness**, then **touch...**

And the **chill** is broken with a change of **attitude**, and **aggressiveness**, and **atmosphere**.

As with all of life - sex included - things do go better with God! If you want the *best sex life*, do it God's way

Follow the Bible, the owner's manual, and before long your spouse will be in the pick-up honk'n the horn!

Men, the **bill for sex**...

Is a **sensitivity** to your wife's insecurities

The **thrill of sex** is accentuated with...

**Wooing** and **Wording** (warning)

The **frills to sex** include...

The **couch** and the **clothes**

The **skill in sex** involves...

**Talk, tenderness**... then **touch**

Ladies, the **chill on sex** is broken by a change of...

**Attitude** toward your husband's body

**Aggressiveness** toward her husband

**Atmosphere** to share with her husband