



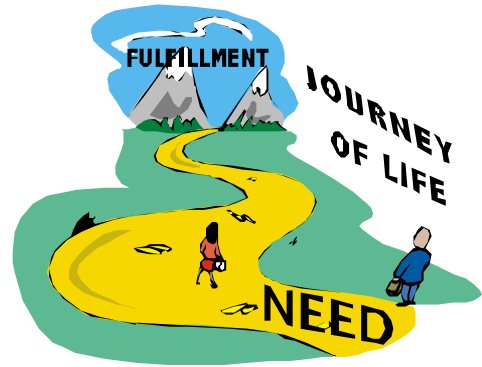
Developing Trust & Intimacy in Marriage

Handouts: Chapter #9

Great marriages are shaped by growing relations built on developing trust. In this chapter we will learn more about how trust develops using the book of Song of Solomon.

A) A Personal Journey

1) The Journey



2) The Means: Experiencing _____

Song of Solomon contains nuggets of gold. Everyone wants acceptance. Relationships enable a person to see that unlock the mystery of love and trust himself from a different perspective, which serve as keys to a growing marriage.

3) Song of Solomon's Two _____

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

Triad #1 develops trust so that one spouse can unfold his or her heart to the other.

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

Triad #2 clarifies two transformations that enable a couple to reach that deep intimacy.

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	
Wrong	We believe that we are not that bad.	Right	We are totally unacceptable before God because of our sin.
Wrong	We feel clumsy, rejected and lonely.	Right	As valuable creatures we are designed with a purpose.

Development of Trust

Reliance on Self

The Godly Way	The Secular Way
Humility	Superficial
Undeserving	_____
_____	Able to Lose
Secure: Source of security is outside of oneself.	Insecure: Source of security is inside of oneself.

"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" (Song of Solomon 2:1).

Bridegroom-to-be: "Like a lily among the thorns, So is my darling among the maidens" (SS 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**

➔ **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 of 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" (SS 2:16).

- Intimacy requires trust
- Relational change requires personal change first

(2) Transformation to Devotion

"I am my beloved's and my beloved is mine" (SS 6:3).

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

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" (SS 7:10).

- Focus is totally outward

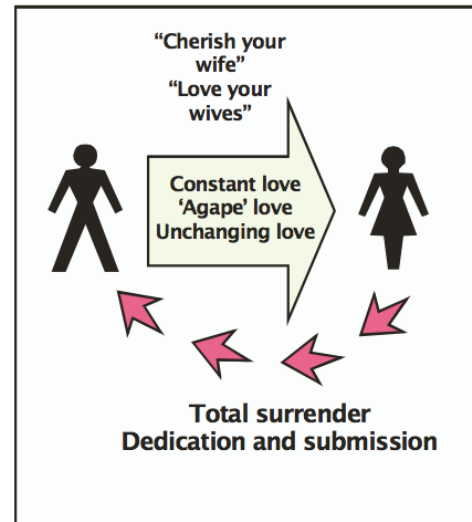
- Maintains her responsibility
- Fulfillment

"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).

Transformation

"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).



➡ 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 one's own needs and focuses on the needs of the other.

BGM #9 Answers Developing Trust & Intimacy

2) The Means: Experiencing love
 3) Song o Solomon's Two Triads
 "I am dark but lovely;"
 Humility: Undeserving: Retainable
 Superficial: Deserving: Able to lose:
 Special • Compared • Valued
 (1) The Commitment
 • Priority of her responsibility