**LIFE**GROUPS

**THIS IS MY BIBLE**
**Part 3: Mood Swings**
**Song of Solomon**
**Life Group Questions**

**GETTING STARTED**
1. Before Sunday's message, how familiar were you with the Song of Songs?
2. What did you learn from the book? Was there anything in the book that surprised you?
3. What part of a relationship do you feel is the most challenging?

**DIGGING DEEPER**
1. Song of Songs 1:5-6 We see that the Shulamite woman is insecure about the way she looks. In Biblical days if someone was tan it typically meant they were an outside laborer. Read 1:10-11; 1:15 and discuss what Solomon is saying and why it could be important.
2. How important do you feel compliments are in a relationship?
3. Two times in this book we read a reference to "waiting for the right time to awaken love." (Chapter 2:7 and chapter 8:4). Read both of the passages.
4. Have you ever tried to "force" yourself to love someone or get serious in a relationship too quickly? How can this be dangerous and why is it important to wait on God's timing?
5. Read Song of Songs 2:15. What are some "little foxes" in relationships that if not handled correctly can cause problems in a relationship?
6. Explore the themes of joy and delight in the Song of Songs. How does love bring joy and fulfillment to the lovers, and how can we cultivate joy in our own relationships?
7. Discuss how the Song of Songs reflects God's design for love and marriage. What principles and values can we draw from its portrayal of healthy, intimate relationships?
8. Last Sunday, Pastor Rick interviewed several couples on stage. What stood out to you? What insights did you gain from those conversations?

**APPLYING THE MESSAGE**
1. How can the principles and insights of the Song of Songs inform our understanding of love, intimacy, and relationships in our own lives? What practical steps can we take to cultivate deeper connections with our loved ones?
2. Ask yourself; "Am I honoring God in my relationship? Is there anything I can do to be a better partner? To express my life in a more meaningful way?"