

Life Group Lesson

Going the Distance in Relationships -Week of February 22

Read: Song of Songs 7:1-13

Further Study: Psalm 45, Malachi 2:10-16, Matthew 19:3-15

Goal: To see your spouse at a deeper level understanding your union bonds you physically, emotionally, and spiritually.

- What did your first date look like? Where did you go? What was your initial impression of your spouse?
- How do you rate the level of intimacy in your marriage: (not so good) 1 2 3 4 5 (great)
- Do you find meeting and making friends easy or difficult? Explain either way and how could you be a better friend to those around you?

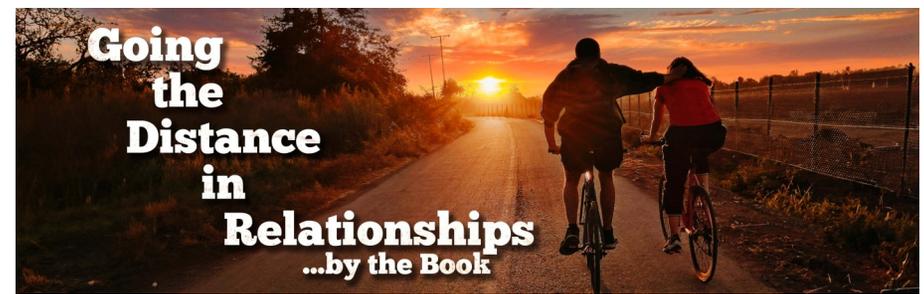
Digging into the Bible

- What one thing stirred you from the reading from Song of Songs 7:1-13?
- In Matthew 19, the religious leaders tried to trap Jesus regarding the issue of divorce. Jesus said, "Moses permitted divorce only as a concession to your hard hearts, but it was not what God had originally intended" (Matthew 19:8). Read Malachi 2:10-16. Why does God hate (hurt deeply over) divorce?

Going Deeper & Action Steps

- Read Psalm 45. Notice how the bride adores her husband of royal birth (Psalm 45:2) and how the husband delights in the beauty of his bride (Psalm 45:11). If you are a believer in the Lord Jesus Christ, you are a son or daughter of the Most High! Look at your spouse. How is God's royalty reflected in your spouse?
- The Hebrew understanding of "YaDah" is parallel with the image of intimacy with God. Being created in the image of God means you are spiritual, physical, and emotional. When you as a couple connect physically, you are merging at an emotional and spiritual level, as well. How does this understanding of "YaDah" help you see your love more deeply? Talk to your spouse about her or his needs, and desires.
- Practice genuine compliments, edifying words to a co-worker, friend and spouse
- Human touch is powerful---appropriately touch those you love with hugs, handshakes, and holding the hand of a loved one or family member. Couples should practice human touch not just as a prelude to intimacy but as intimacy itself.

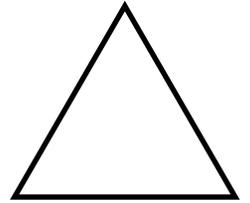
Prayer Time - Pray for true intimacy in marriage, friendships and family as we care for them.



Text: Ephesians 5: 31-33 & Song of Songs 7: 1-13

1. We're created for _____ and _____.

2. We're created to reveal the _____ of God, both _____ and _____.
Matthew 19: 3-12



3. We're created for _____.

4. Created for _____ and _____.

5. Created for _____. The Hebrew Word _____.

- A. A Book in the Bible dedicated to _____ and _____ is called Song of Songs.
- B. The Hebrew _____ is parallel with the image of intimacy with _____.

One Year Bible Reading For This Week:

Feb. 22: Leviticus 13:1-59, Mark 6:1-29, Psalm 39:1-13, Proverbs 10:10
Feb. 23: Leviticus 14:1-57, Mark 6:30-56, Psalm 40:1-10, Proverbs 10:11-12
Feb. 24: Leviticus 15:1-16:28, Mark 7:1-23, Psalm 40:11-17, Proverbs 10:13-14
Feb. 25: Leviticus 16:29-18:30, Mark 7:24-8:10, Psalm 41:1-13, Proverbs 10:15-16
Feb. 26: Leviticus 19:1-20:21, Mark 8:11-38, Psalm 42:1-11, Proverbs 10:17
Feb. 27: Leviticus 20:22-22:16, Mark 9:1-29, Psalm 43:1-5, Proverbs 10:18
Feb. 28: Leviticus 22:17-23:44, Mark 9:30-10:12, Psalm 44:1-8, Proverbs 10:19

PLAIN TRUTH

What allows a relationship, especially a marriage, to
GO THE DISTANCE is _____.

February 22, 2026