

## Marital Sabbath often require planning.

*...which I have laid up for you,.... Song of Solomon 7:13 (ESV)*

Plan when you will take marital Sabbaths.

Plan activities for marital Sabbaths.

Plan marital Sabbaths into your home.

## Public affection is a type of marital Sabbath.

*Oh that you were like a brother to me who nursed at my mother's breasts! If I found you outside, I would kiss you, and none would despise me. Song of Solomon 8:1 (ESV)*

*I would lead you and bring you into the house of my mother— she who used to teach me. I would give you spiced wine to drink, the juice of my pomegranate. Song of Solomon 8:2 (ESV)*

*His left hand is under my head, and his right hand embraces me! I adjure you, O daughters of Jerusalem, that you not stir up or awaken love until it pleases. Song of Solomon 8:3–4 (ESV)*

## Homework:

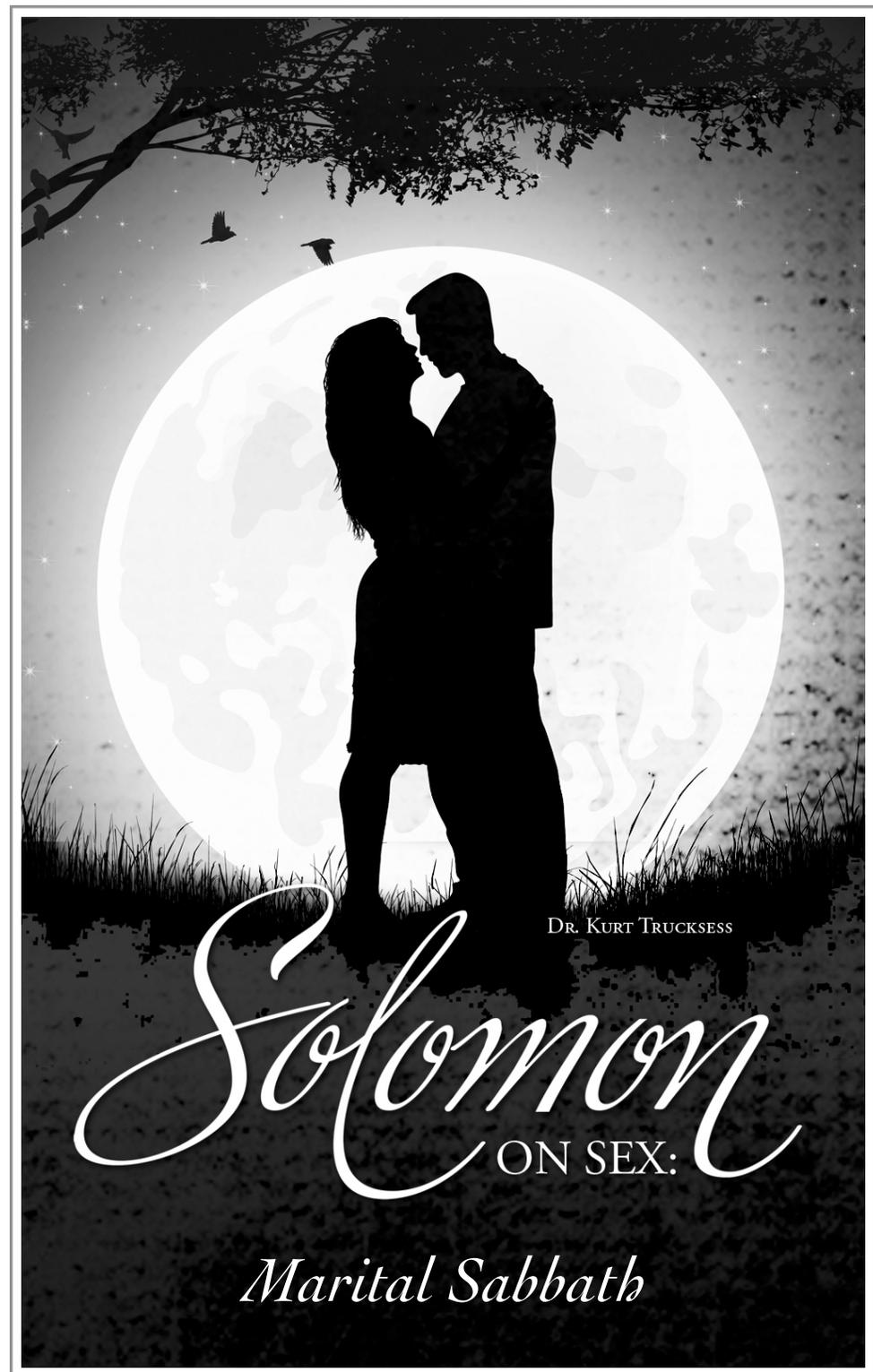
1. Plan short marital Sabbaths into your week. Plan at least one extended marital Sabbath into your year.
2. Create a marital bucket list so you know what to do when you have time together.
3. What could you say or do that would motivate your spouse to take a marital Sabbath?

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April 1: Easter at the SAMI  
April 8: Solomon on Sex - Visiting the In-laws



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**Faith Church - EFCA**

**April 1, 2012**

Song of Solomon 7:11-8:4



## Look for spontaneous marital Sabbath.

*Come, my beloved, let us go out into the fields and lodge in the villages;  
Song of Solomon 7:11 (ESV)*

## Unplug from life in your marital Sabbath.

*let us go out early to the vineyards and see whether the vines have budded, whether the grape blossoms have opened and the pomegranates are in bloom. There I will give you my love. Song of Solomon 7:12 (ESV)*

## A good marital Sabbath involves something to look forward to.

*let us go out early to the vineyards and see whether the vines have budded, whether the grape blossoms have opened and the pomegranates are in bloom. There I will give you my love. The mandrakes give forth fragrance, and beside our doors are all choice fruits, new as well as old, which I have laid up for you, O my beloved. Song of Solomon 7:12-13 (ESV)*

*Come, my beloved, let us go out into the fields and lodge in the villages;  
Song of Solomon 7:11 (ESV)*

**What is good marital Sabbath?**