

Enjoying Emotional Intimacy

Song of Songs 3:1-11

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Husbands need to learn to touch the heart of their wives before they touch their body. The garden and vineyard imagery used in the Songs of Song brings us to the Garden of Eden where Adam and Eve were. While naked, they were not afraid or ashamed and were entirely vulnerable in heart, mind and body to one another. The fall happened and the vulnerability and security was no more (Gen. 3:7-8). The immediate consequence to their sin was insecurity, oblivion, and separation from God and one another. Despite this, God continued to pursue them (Gen. 3:9). Adam confessed to being insecure (Gen. 3:10) and blamed his wife for it (Gen. 3:11-12). As a result of that, an emotional brokenness is in all of us. Two broken people do not make one whole piece.

Song of Songs 3 (2 parts)

(1) Emotional Intimacy and the Marrieds

The wife gives an insight to the emotional condition of her heart – there was still wrongness in her heart (vv. 1-4). The phrase ‘him whom my soul loves’ is repeated 4 times. The word ‘love’ in the phrase is (*ahava* in Hebrew) covenantal and sacrificial love. She expressed an emotional need that she lacked and was seeking. A second phrase is also repeated 4 times: ‘I sought him’. She was seeking intimacy from her husband and eventually found him; he was accessible and around when she needed him. *“Vulnerability is taking off your armour and giving someone your sword. They can either defend you or harm you.”* – Elliot Grudem. Husbands need to work hard to understand their wives emotionally (1 Peter 3:7) and cherish them. When we expose ourselves vulnerably before God in prayer, He meets us in our messiness

and cherishes us in our darkest moments and despite our greatest sins. Husbands need to cherish their wives as Christ cherishes the church.

3 Questions

#1 Where are you at in your emotional availability?

#2 Does your spouse have the assurance that you come first with him or her?

#3 Are you emotionally engaged with one another?

In the wife’s finding of her husband and her wholehearted embrace of him, her emotional insecurities and fear melted away.

(2) Emotional Intimacy and the Singles

The wife, once again, warns the singles not to have sex outside of marriage (v5). There is no relationship status that is fear-free. Outside the safety and covenant of marriage, sex is destructive. Sex inside of marriage can sometimes be insecure and unsafe. The wife paints a picture of the beauty, glory and safety of a wedding (vv. 6-11). The sixty mighty men were the groomsmen who stood guard as the bride walked the aisle; she felt safe and secure. The column of smoke and fragrant perfume is a picture of the fearful, strong and glorious presence of God surrounding His bride. The wife then calls for the singles to consider in their wedding an assured sense of safety and security in the man they are marrying (v11).

No matter our status, we all need emotional intimacy. While there are no men or women that could offer the emotional security we need, there is Jesus who is the perfect love that casts out all fears. Only Jesus can love us perfectly.

Seek after and pursue Him, and be assured to find Him.