

# CHAPEL

## Song of Solomon How To Work Through Conflict In Relationships

20% of the book of Song of Solomon is conflict.

"I slept but my heart was awake. Listen! My beloved is knocking: "Open to me, my sister, my darling, my dove, my flawless one. My head is drenched with dew, my hair with the dampness of the night." I have taken off my robe—must I put it on again? I have washed my feet—must I soil them again? My beloved thrust his hand through the latch-opening; my heart began to pound for him. I arose to open for my beloved, and my hands dripped with myrrh, my fingers with flowing myrrh, on the handles of the bolt. I opened for my beloved, but my beloved had left; he was gone. My heart sank at his departure. I looked for him but did not find him. I called him but he did not answer." Song of Solomon 5:2-6

Let's make some pre-fight decisions.

Choices lead, feelings follow.

### 1. I will act, not react.

"My lover has gone down to his garden, to the beds of spices, to browse in the gardens and to gather lilies. I am my lover's and my lover is mine; he browses among the lilies." Song of Solomon 6:2-3

"When they hurled their insults at Him, He did not retaliate; when He suffered He made no threats. Instead, He entrusted Himself to them who judges justly." 1 Peter 2:23

"You are as beautiful as Tirzah, my darling, as lovely as Jerusalem, as majestic as troops with banners... Your teeth are like a flock of sheep coming up from the washing. Each has its twin, not one of them is missing." Song of Solomon 6:4-6

2. I will focus on the good, not the bad.

"...but my dove, my perfect one..." Song of Solomon 6:9

"What came instinctively when you were dating must now become a discipline."

- Tommy Nelson

"I went down to the grove of nut trees to look at the new growth in the valley, to see if the vines had budded or the pomegranates were in bloom. Before I realized it, my desire set me among the royal chariots of my people. Come back, come back, O Shulammite; come back, come back, that we may gaze on you! Why would you gaze on the Shulammite as on the dance of Mahanaim?" Song of Solomon 6:11-13

Chariot - picture of reconciliation

Shulammite - feminine form of Solomon

3. I will move from winter to spring.

4. I will talk, not walk.

The power of commitment in your life.