A  How to express our love:

❖ The physical and spiritual love.
- There's a wrong Greek idea that permeated Christianity almost since its beginning: that our physical side is inherently bad and our spiritual side is inherently good.
- As a result, sexuality was considered sinful.
- However, the physical and the spiritual aspects are inseparable in the Bible (Genesis 2:7). Holiness is not incompatible with sexuality. A healthy sex life doesn't prevent a married person from being consecrated to God in body and spirit.
- The Song of Solomon addresses physical relations as being natural. Feet, belly button, breasts, kisses, caresses... God made all those things for the physical pleasure of couples (5:10-16; 7:1-9).

❖ Love and friendship.
- In order to enjoy their relationship to the fullest, the man and woman who marry must be friends first. Best friends.
- That loving friendship helps the spouses to come together, showing their mutual attraction with compliments and affectionate gestures.
- However, true love is not natural for us, but it's a gift from the Holy Spirit. This committed and selfless love is a strong and long-lasting bond.

❖ The physical expression of love.
- God encouraged Adam and Eve to become "one flesh" in the Garden of Eden. In this metaphor from Song of Solomon, the bodies of the spouses become gardens that they can enjoy.
- The most common expression referring to intimate relations in the Bible is "to know" (Genesis. 4:1, 17, 25; 1 Samuel 1:19; 1 Kings 1:4; Luke 1:34).
- This verb is also used to describe the relation between a person and God (John 17:3).

B  How to keep the love alive:

❖ Love that waits.
- The ideal in Song of Solomon is that man and woman remain virgin ("enclosed garden") until their marriage.
- In Song of Solomon 8:8-10, the family of the young Shulamite was wondering if she was a wall (closed) or a door (open).
- She affirms that she's still a virgin (wall). This appeases her, and both lovers enjoy the "milk and honey" (4:11) of a full and reciprocal surrender.

❖ The limits of love.
- Sin has damaged the sexual relations. Therefore, God has set limits to sex. He has specified what is right and what is not (Leviticus 20:7-21; Romans 1:24-27).
- Adultery, incest, homosexuality, bestiality and other unacceptable sexual practices are considered sin in the Bible.
- We are encouraged to accept that our body and sexuality belong to God. We must use them according to His plan—with His help.