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?

Check [www.SOLOMONonSEX.com](http://www.SOLOMONonSEX.com) for more Q&A each week

All teaching material is available online at [www.christ2Rculture.com](http://www.christ2Rculture.com)

Audio of sermons are on iTunes. Search Christ 2R Culture

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

What is good marital Sabbath?