

Welcome to the *SOS – Help for Marriages* page of First Baptist’s website. The purpose of these articles is to use biblical concepts to increase intimacy among married couples. Intimacy involves all that a person shares: mind, will, spirit, emotion, and sexuality. This marriage help is based on the biblical book The Song of Songs.

GIVING YOUR BEST TO YOUR SPOUSE

Everyone says it, but few couples practice it: *give your best to your spouse*. As you read the verses below consider some ways that you can begin to give your best to your spouse.

Song of Songs 1:2-4a (NIV)

2. Let him kiss me with the kisses of his mouth-
for your love is more delightful than wine.

3. Pleasing is the fragrance of your perfumes;
your name is like perfume poured out.
No wonder the maidens love you!

4. Take me away with you-let us hurry!
Let the king bring me into his chambers.

Verse 2 teaches us to ***give your best kiss***. It doesn’t take the book long to get into its theme of physical intimacy. In verse 2, the woman speaks first, and she longs for her man to kiss her. She is not afraid or ashamed to talk about this subject. One translation of verse 1 reads, “Let him drown me with his kisses.

Verse 3 teaches us to ***give our best appearance***. The woman is daydreaming about the enjoyable aroma of her perfumed man. Perfume was highly prized and valued. It was also quite expensive. But the man put his best foot forward for the woman. Many couples spend a great deal of time and money to look their best for work, community involvement, or church. But the woman in the Song of Songs is pleased that her man looks and smells good especially for her.

Naturally, none of us looks perfect the first thing in the morning, but the point is that we need to give our best, including our best appearance, for our spouse. For men, this may include giving your best energy and communication to your wife. To some ladies, it may mean giving your best smile and a joyful disposition to your husband.

Verse 4 teaches us to ***give our best time***. In verse 4, the woman yearns to be with her man. She says, “Take me away with you -- let us hurry!” When most people are dating, they long to be with each other. Many women feel their husbands stop dating and start taking them for granted as soon as the couple are married. The woman and man of the Song of Songs had strong desires to spend time with each other.

Show your spouse today that you want to give your best to them daily.

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