



The Lovers' Quarrel

Song of Solomon 5:1-6:11 • September 27th, 2026

BIG IDEA

Conflict will test every marriage, but love that pauses, pledges, praises, postpones, and protects turns a quarrel into deeper closeness, the same way Christ's pursuing love restores us.

OUTLINE

1. Love Tested (5:1–8)
2. Love Treasured (5:9–6:1)
3. Love Triumphant (6:2–9)

FIVE STEPS TO RESOLVE CONFLICT

1. We Pause: refuse to react in the heat of the moment.
2. We Pledge: remind each other the covenant isn't up for debate.
3. We Praise: speak well of your spouse instead of rehearsing history.
4. We Postpone: don't let physical intimacy cover over unresolved hearts.
5. We Protect: guard your spouse's place as unique and irreplaceable.

GROUP DISCUSSION

1. Think of a recent conflict or misunderstanding with someone close to you. Which of the five steps (pause, pledge, praise, postpone, protect) was hardest for you to practice in that moment, and why?
2. Solomon doesn't react when his wife pulls away; he simply goes back to what he always does. What does it look like practically for you to "pause" instead of reacting when you feel hurt or dismissed?
3. The Shulammite's friends redirect her toward what she loves about her husband instead of just venting with her. Who in your life plays that role, and who do you play that role for?
4. The sermon points to Christ's forgiving, pursuing love as the pattern for how we treat our spouse. How does remembering what Christ has done for you change how you handle conflict with the people closest to you?

DIRECT APPLICATION

1. Are you more prone to withdraw (like shutting the door) or to overreact when conflict arises in a close relationship?
 - a. If you tend to withdraw, share what keeps you from staying present in the conflict.
 - b. If you tend to overreact, share what usually triggers it.
 - c. As a group, commit to praying for one another to grow in whichever pattern you identified.



2. Share with your group one “little fox,” a small recurring tension in your closest relationship, that could use one of these five steps this week.