

# GROWTH GUIDE

Song of Solomon 5:2-6:3

## Share: Get Talking

- What's one phrase your family said growing up that you swore you'd never say...but now you do?
- What's one small thing that instantly makes you feel cared for or appreciated?
- Which of these conflict tendencies best describes you most often?
  - Avoider
  - Withdrawer
  - Pursuer
  - Reactor

## Study: Go Deeper

Read Song of Songs 5:2-6:3 and Pray.

- What stands out to you most from this passage or the sermon?
- Why do you think relationships can drift even when love is still present?

### 1. Break the Silence! (5:2-6)

- In relationships, why is silence often dangerous?
- Have you ever let frustration, hurt, or disappointment go unspoken for too long? What happened?
- What usually keeps you from initiating hard conversations—fear, pride, exhaustion, anger, insecurity, something else?

- Is there a conversation you need to have this week instead of continuing to avoid it?

## **2. Own Your Part! (5:7-8)**

- Why is it easier to focus on someone else's failures than our own?
- Which of the "5 Rules for Fighting Fair" is hardest for you personally?
- 5 Rules for Fighting Fair:
  1. Attack the Problem, NOT the Person
  2. Keep it Current, NOT Cumulative
  3. Be Clear, NOT Cruel
  4. Focus on Your Part, NOT Just Theirs
  5. Aim for Resolution, NOT Victory
- Which unhealthy conflict pattern do you tend to fall into most often?
- What does genuine repentance and ownership look like in relationships?
- Is there an apology you need to make or a conversation where you need to take responsibility?

## **3. Declare Your Devotion! (5:9-16)**

- Why is encouragement and affirmation so important in relationships?
- Think about someone close to you: what are qualities about them that you really appreciate?
- How can words either strengthen connection or deepen distance?

- What keeps people from regularly expressing love, honor, or gratitude?

#### **4. Reaffirm Your Commitment! (6:1-3)**

- What does commitment look like when emotions feel distant or strained?
- Why is commitment often tested most during difficult seasons?
- How does remembering your covenant or commitment help stabilize a relationship?
- In what ways can selfishness slowly erode relationships?
- How does the Gospel shape the way we pursue reconciliation, forgiveness, and faithfulness?

#### **Support: Grow Together**

- What is one step of humility, communication, forgiveness, or encouragement God may be calling you to take?
- How can this group pray for your relationships this week?