

My Lover & My Friend

February 15, 2026

Genesis 2:15-25; Song Of Solomon 2:7-14,5:16

God Designed Marriage To Integrate Covenant Friendship & Covenant Intimacy Into One Unified Love

I. We don't know what we don't know, but ignorance in marriage is a recipe for disaster.

- A. Ignorance of God's design
- B. Ignorance of our spouse
- C. Ignorance produces an immature & incomplete view of love

II. Every human has a deep need for intimate companionship

- A. "It is not good that the man should be alone."
Genesis 2:18
- B. What won't meet our need
 - 1. Productivity
 - 2. Progress
 - 3. Procreation
- C. What will meet our need
 - 1. Connection
 - 2. Companionship
 - 3. Communion
 - 4. Completion

III. Understanding God's design for marriage

- A. Marriage is God's idea - Genesis 2:21-25
 - 1. Divine initiative
 - 2. One flesh union

- 3. New primary loyalty
 - 4. Naked & unashamed
 - B. Marriage is covenant, not contract
 - C. Marriage is one flesh
 - 1. Physical
 - 2. Emotional
 - 3. Spiritual
 - D. Marriage is deep companionship
 - 1. Beloved & friend - Song of Solomon 5:16
 - 2. Marriage *without* friendship becomes transactional
 - 3. Marriage *with* friendship becomes transformational
 - E. Marriage is joyful & pleasurable
 - 1. The world has oversexualized intimacy
 - 2. The church has desexualized it
 - 3. Sex is not God, it is not gross, it is good
 - F. Marriage has a loving structure of leadership & submission
 - G. Marriage is exclusive & faithful
 - H. Marriage is designed to produce life & legacy
 - 1. Be fruitful & multiply
 - 2. Build a spiritual legacy
 - 3. Home becomes a place where God is known
 - I. Marriage is guarded by wisdom
 - 1. Desire is powerful
 - 2. Covenant protects intimacy
 - J. Marriage is a living picture of Christ & the Church
 - 1. Marriage is a Gospel metaphor
 - 2. Husbands portray Christ's sacrifice
 - 3. Wives portray the Church's response

IV. The necessity of intimacy

- A. Marriage *without* intimacy becomes obligation
- B. Marriage *with* intimacy becomes participation
 - 1. Intimacy sustains attraction
 - 2. Alienation creates anxiety
 - 3. Union restores connection

V. The necessity of friendship

- A. Friendship strengthens the foundation
- B. Marriage *without* friendship becomes transactional
- C. Marriage *with* friendship becomes transformational

VI. Understanding the needs of your spouse

- A. What wives often need
 - 1. Emotional connection
 - a. To be heard
 - b. To be understood
 - c. To feel safe before being touched
 - 2. Affection & appreciation
 - a. Specific praise
 - b. Verbal affirmation
 - c. Attentive presence
 - 3. Reliability
 - a. Follow through
 - b. Shared responsibility
 - 4. Security
 - a. Predictable commitment
 - b. Emotional safety
- B. What husbands often need
 - 1. Respect
 - a. Held in high regard
 - b. Spoken of & to in a positive way
 - c. Eagerness to trust & follow

- 2. Appreciation
 - a. Gratitude for effort
 - b. Recognition more than correction
 - c. 5:1 ratio
- 3. Physical intimacy
 - a. Not merely release - connection
 - b. Genuine participation
 - c. Initiation
- 4. Encouragement
 - a. Belief in his leadership
 - b. Support of his calling

VII. The value of integrated love

- A. Integrated love = lover & friend
- B. Friendship without intimacy becomes safe but cold
- C. Intimacy without friendship heats things up but becomes hollow
- D. When we love our spouse well:
 - a. We honor God
 - b. We reflect His design
 - c. We experience joy
 - d. We bless those around us

VIII. The marriage you must choose to build

- A. Integrated love doesn't happen accidentally
- B. Attraction alone is not enough
- C. Friendship alone is not enough
- D. Covenant alone is not enough
- E. Love must be intentionally cultivated

**"This Is My Lover
Yes, This Is My Friend"**

**A Great Marriage Doesn't Happen Because Of A Wedding,
It Is The Result Of A Carefully Cultivated Pursuit of Love**