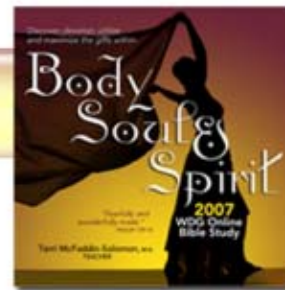


# Body Soul & Spirit

I WILL PRAISE YOU FOR I AM FEARFULLY AND WONDERFULLY MADE. PSALM 139:14



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For I am fearfully and wonderfully made. Psalm 139:14

WDG BIBLE STUDY 2007

SERIES: THE PURPOSE AND FUNCTION OF THE BODY

## Lesson #6 “LOVING THE BODY YOU’RE IN”

Presented by, Terri McFaddin Solomon, M.A.

Scripture: *You are beautiful, my love, and there is no spot in you. Song of Solomon 4:7*

### **OPENING STATEMENT:**

The Song of Solomon is the most romantic book in the Bible. It is a celebration of love and acceptance. It is the only Book that focuses on the beauty of the human body. Whatever physical flaws we may have, or think that we have, they mysteriously disappear once we are looked upon with the purity of loving eyes. The Song of Solomon tells the story of a woman who discovers her beauty and value through the eyes of someone who loves and accepts her just as she is. In Chapter 1, the main character is a Shulamite woman who has great difficulty believing that her body is desirable, attractive, and that she is worthy of being loved. As you read her words, listen to her heart.

1. *Let him kiss me with the kisses of his mouth, for your love is better than wine. Song of Solomon 1: 2* - She wants to be loved and accepted.
2. *I am dark and lovely, of Daughters of Jerusalem, like the tents of Kedar. Song of Solomon 1:5* – She wants to be proud of her appearance. She wants to fit in and be accepted by others.
3. *Don't look upon me because I am dark, the sun has tanned me. My brothers were angry with me; and made me work in the vineyards, but my own vineyard I have not kept. Song of Solomon 1:6* – Now we can see that this woman is overly sensitive and has mixed feelings about her appearance. She is also troubled by her social background and her lack of achievements.

### **Building A Woman's Self-Image**

We will soon learn that no matter how the Shulamite woman feels about herself, the one who loves her sees her as perfect, without spots or flaws. It is the task of her beloved to convince her that regardless of what she thinks of herself, or what other people think about her, in his

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eyes she is beautiful, loved and accepted. This is the message that the Lord conveys to us through His Word. We were made in God's image and likeness. Therefore you are automatically beautiful. *Then God saw everything that He had made, and indeed it was very good. Genesis 1:31.* The following words are spoken to the Shulamite in hopes of helping her to see her own beauty.

1. *Your hair is like a flock of goats coming down from Mt. Gilead. Song of Sol. 4:1* – He loves her hair, even if it's short or long, thick or thin, or a wig or weave. God loves your hair whether you grew it or bought it in a store.
2. *Your lips are like a strand of scarlet, your mouth is lovely. Song of Sol. 4:3* Her beloved sees her lips as a perfect size and perfectly kissable. God loves the lips that sing His praises. They are beautiful in his sight.
3. *Your breasts are like two fawns. Song of Sol. 4:5* – He's not looking for a Playboy Bunny. Her breasts are not too small, or big, or droopy. He sees her shape as beautiful and real. God loves your breast and the heart that lies beneath your breast.
4. *The curves of your thighs are like jewels; the work of a skillful workman. Song of Sol. 7:1* – He doesn't see her as being too fat, too skinny, too short or tall. Her body is a perfect match for all that he desires. God made you perfect for his purpose, so celebrate your beauty!

#### **Men also need to be accepted and affirmed.**

A man's appearance is flawless when he is viewed through the eyes of love. A woman has the power to make him feel like a king... handsome and sensual. In the same way, God sees every born-again man as a king, full of beauty, honor and strength.

1. *Who is this coming out of the wilderness like pillars of smoke...Behold, it is Solomon's coach, with sixty valiant men around it. Song of Sol. 3:6.* The Shulamite sings praises to her beloved. Every man wants to feel like a king. In Christ he is a royalty.
2. *His head is like the finest gold; His hair is wavy, and black as a raven. Song of Sol. 5:11* Whether his hair is silky, kinky or Michael Jordan bald, acceptance can make him hold his head up high. Right standing with God lifts his head even higher.
3. *His eyes are like doves by the rivers of waters, washed in milk and beautifully set. Song of Sol. 5:12* – When his eyes are gentle like a dove, the woman feels safe. His eyes are the window of the soul. How beautiful to look into a man's eyes and see God's reflection.
4. *His body is carved ivory inlaid with sapphires. His legs are pillars of marble set on bases of fine gold. This is my beloved, and this is my friend. Song of Solomon 5:14-15-16* These words would make any man stand a little taller and stick his chest out, even if he has a little gut. He feels secure, because she says that he is her most precious friend. Nothing makes us more beautiful and valued than to be considered a friend to God.

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## **OBSERVATIONS AND PERSONALIZATION:**

1. Read Song of Solomon 1:5-6. What contradictions do you find in the way that the Shulamite woman feels about her body?
2. Read Song of Solomon 1:6. How do you think the events of the Shulamite woman's life affected her self-esteem?
3. Read Psalm 139:14. Give an example of how you are fearfully and wonderfully made.

### **Share Your Story**

What experiences in your life robbed you of a healthy self-image?

Write me at: [http://www.terrimcfaddin.org/bss/bss\\_lessonreply.html](http://www.terrimcfaddin.org/bss/bss_lessonreply.html)

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