



HIM + HER DISCUSSION GUIDE WEEK 4



MAIN SCRIPTURES:
Song of Solomon 2:7
Hebrews 12:1-2

MAIN POINT:
1. Be willing to slow down and look for God’s leading.
2. Honor God with your dating life.

JESUS CONNECTION:
It was Jesus’ joy to suffer on the cross – because He loves you and wants a relationship with you.

LEADER CORNER

GOAL OF SMALL GROUP

For students to center their lives around Jesus (and not dating)

BACKGROUND TO SONG OF SOLOMON

Today we are going to read from Song of Solomon, which is also known as the Song of Songs. This book is different from most in the Old Testament in that it’s not keeping a historical record of God and His people. Instead, it’s a poem about love & desire. If you read the whole book, you will see how love is described as a powerful and driving force. There are a lot of themes that repeat in this poem and we are going to talk in depth about one specific one today. Today’s verses are short, but super powerful. *To understand even more about the context, check out the 7 minute YouTube video from [The Bible Project: “Read Scripture: Song of Songs.”](#)*

HOW TO USE THIS GUIDE

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don’t feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.

CONVERSATION GUIDE

GET THEM TALKING

1. What kind of things do people miss when they are too consumed with a relationship?

DISCUSSION QUESTIONS

READ SONG OF SOLOMON 2:7 and discuss:

1. Why can it be so easy to “rush into love?”
2. Why do you think this verse cautions us to not awaken love early?
3. How can rushing too fast in a relationship cause us to lose sight on Jesus?
4. What are ways Christians can keep their focus on Jesus while dating?

READ HEBREWS 12:1-2 and discuss:

1. In your own words, what is this verse saying?
2. What are ways Christians can keep their focus on Jesus while dating?
3. As a group, let’s come up with a list of 6 Ways to Honor God While Crushing/Dating (*Leaders, write down the list and text it to your group for them to save and look back on*).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

NEXT STEPS

Your next step challenge is to pick one of these 6 ways that you think you could grow more in your own life. Let’s take a minute to brainstorm and think, what is one thing you can do this week to grow in honoring God in your crushing/dating life?

PRAYER GUIDE

Ask your students to share their prayer requests and close your time together in prayer.

MAIN SCRIPTURES

Song of Solomon 2:7 NIV

“Daughters of Jerusalem, I charge you by the gazelles and by the does of the field:
Do not arouse or awaken love until it so desires.”

Hebrews 12:1-2 NIV

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”