



#1 NEW YORK TIMES BESTSELLING AUTHOR

SHANNON BREAM

THE  
*Love*  
STORIES  
OF THE BIBLE  
*Speak*

WORKBOOK



*13 Biblical Lessons on Romance,  
Friendship, and Faith*

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*13 Biblical Lessons on Romance,  
Friendship, and Faith*

SHANNON BREAM

*The Love Stories of the Bible Speak Workbook*

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# Welcome



Love emanates from the heart of God, so we should not be surprised that it's central to the Bible. Throughout its pages, we find the breadth of love expressed in the forms of friendship, family, romance, marriage, and more. But the most foundational type of love is God's unconditional love for His people.

In the upcoming pages, we'll discover a rich tapestry of affection found in 13 love stories from the Bible. We'll explore the first love between Adam and Eve, the surprising love between Ruth and Boaz, as well as the bonding love of Joseph and Mary. Yet love isn't just romantic. One of the most joyous expressions of adoration is found in deep, meaningful friendships like that found between David and Jonathan.

Each loving relationship we'll look at faced similar challenges to the ones we face today. Many faced conflicts and unspeakable challenges. Yet together they remind us that we are designed to both know and to be known. And our relationships are worth fighting for.

May God renew your love for others and Himself as we make this journey together.

\* \* \*



# How to Use This Workbook



This workbook is a companion to the *New York Times* bestselling book, *The Love Stories of the Bible Speak* by Shannon Bream, and it's designed to make your experience richer and deeper. In the upcoming 13 lessons, you'll be challenged to consider the parallels between each love story and your own. You'll be asked to reflect on how God worked in their lives and how He's working in your own.

If you join with friends or neighbors to complete this workbook, consider answering the questions personally *before* you meet up. That way you'll be the most prepared with insights, reflections, and thoughts to share.

You'll notice that each lesson has four components:

**REFLECT** invites you to read key moments of each person's life in the Bible and connect with their story.

**CONNECT** asks you to consider how God in the Old Testament or Jesus in the New Testament responds to each person and what this discloses about His character and how He responds to you.

**REVEAL** provides an opportunity to identify specific character traits, responses to God, and acts of faith, as well as your similar traits, responses, and acts of faith.

**PRAY** asks you to prayerfully consider how the person's story ties into the work God is doing in your life right now.







SONG OF SOLOMON:  
*THE GIFT OF LOVE*

The principles woven throughout Song of Songs stand in such stark contrast to much of what modern society tells us about relationships. It shows us the truth about God's design for romance, love, and sex. He designed it all! We're given an insider's view into a couple longing to be together but committed to the virtue of waiting to awaken love at its proper time.

—From *The Love Stories of the Bible Speak*



In reflecting on love stories of the Bible, it's tempting to think that we'll find a single approach to love. Yet what we discover is love expressed in a myriad of ways including words and actions and tenderness and time and longing and passion.

Song of Songs, also known as Song of Solomon, ranks among the most romantic book of the Bible. This literal love story is chock-full of practical ways to cherish our relationships. While the book doesn't mention God by name, much like the book of Esther, it still contains His truth and presence. Some scholars believe the Song of Songs points to a broader allegory of God's love for Israel and the church. No matter how you read or interpret the book, you'll find marriage as a gift handcrafted by God.

## REFLECT

The Lord appeared to Solomon in a dream and said, "Ask for whatever you want me to give you" (1 Kings 3:5). Solomon might have requested celebrity fame or unmeasurable riches or supreme power, but he asked for something striking that pleased the Lord.

Read 1 Kings 3:6–15. What did Solomon ask of the Lord and how did the Lord respond?

Solomon is credited for penning more than 1,000 songs, but Song of Songs is considered his greatest hit. Solomon isn't just the author of Song of Songs, he's also the bridegroom in this beautiful ballad. He's head over heels in love with a Shulamite woman, and language between them is so colorful, some scholars suggested those who struggle with lust should avoid studying it.

Read Song of Songs 1:2–4. How are the woman's senses overwhelmed by the man?

How does the woman specifically express her adoration and love?

Read Song of Songs 1:5–7. How does the woman describe her own appearance?

Read Song of Songs 1:9–11, 15. How does the man respond to the woman?

The man and woman trade heartfelt compliments back and forth. Reflecting on the exchange, how would you describe the intensity of passion and love between the two?

Describe a time when you've felt intense passion and love toward someone.

What did you discover about yourself through that experience?

In Song of Songs 2:1, the bride calls herself, "a rose of Sharon, a lily of the valleys." This flower was lovely and abundant in the region. Rather than a boastful statement, it's an acknowledgement of how she now sees herself because of the bridegroom's love.

Read Song of Songs 2:2. How does the bridegroom describe the woman as exceptional?

What's one compliment you've received that changed the way you saw yourself?

How has being loved by someone transformed you?

How has being loved by God transformed you?

Read Songs 2:7. What does the woman advise and what wisdom do you find in her words?

Though the couple intensely long for each other, they are not blinded by what could steal their joy.

Read Songs 2:15. What are some of the “little foxes” that can ruin the fruit of a beautiful relationship for you? Circle any that you’ve experienced.

- |                                       |   |
|---------------------------------------|---|
| Not prioritizing each other           | Making a career top priority above all else |
| Allowing criticism to slip in         | Keeping secrets                             |
| Underappreciating one another         | Addiction to shopping, gambling, porn       |
| Small resentments stacking up         | Undermining each other in front of the kids |
| Overly busy schedule                  | Jealousy toward a partner                   |
| An emotional affair with someone else | Refusing counseling or professional help    |
| Poor boundaries                       |   |

What are three steps you can take to eradicate “little foxes” from your marriage and closest relationships?

✿ \_\_\_\_\_

✿ \_\_\_\_\_

✿ \_\_\_\_\_

Read Song of Songs 2:16. When you think about your relationships, how secure do you feel in being loved?

When you think about your relationship with God, how secure do you feel in being loved by Him?

In chapter 5 of Song of Songs, we once again see the bride yearning for her groom.

Read Songs 5:10–16. What pattern do you notice in the way the bridegroom is described?



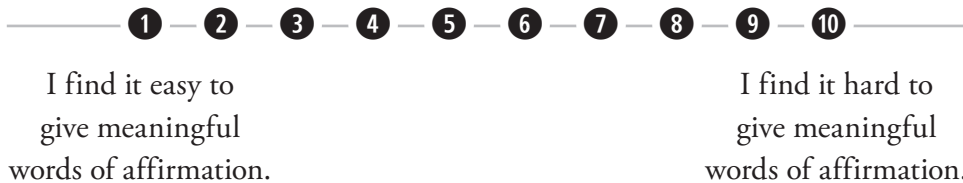
*To* sit and look at our spouses—really look at them—and to notice all the little things that maybe we have stopped paying attention to, is an act of deep love and selflessness. It’s an act that says, “I cherish this person from head to toe.”

If you're married, what can you do this week to cherish your spouse from head to toe?

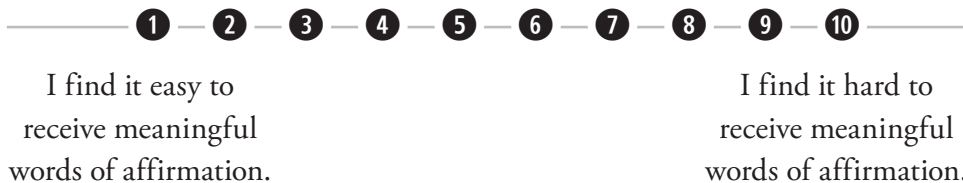
What does Song of Songs reveal about the importance of lavishing praise and adoration on your spouse and those you love?

What does Song of Songs reveal about the importance of complimenting those you love in front of other people?

On the continuum below, mark how easy or hard it is for you to speak words of affirmation to others.



On the continuum below, mark how easy or hard it is for you to receive words of affirmation from others.





Take a moment to think about the words that you speak each day. In your relationships, what best describes the way you respond to others? Circle all that apply.

Loving	Realistic	Kind	Critical
Questioning	Gracious	Cynical	Patient
Know-it-all	Forgiving	Need to be right	Thankful

What changes do you need to make in your words to bring out the best in others?

Read Song of Songs 7:1–13. How do the bridegroom and bride express their desire to be together?

What does this passage reveal about what God desires between a husband and wife?

The poetic language, beautiful and oblique, teaches us to approach sexuality with wonder and care instead of vulgarity or fear. If you're fanning yourself while reading this amorous back-and-forth, remember that God created all of this. He could have simply made us machines for reproduction. But unlike nearly every other type of being to ever exist, God set humans apart to have real pleasure in our physical relationships—within the boundaries he created. Again, not because He wants to make our lives boring—quite the opposite.



*H*is gift to us is the beauty and intimacy of truly connecting with someone we've pledged our lives to and who has given us the same in return. It's in the midst of that security and commitment that we can fully enjoy everything God intended for us. And if we've gotten that wrong at any point, God is a forgiving Father ready to help us work toward His ideal for how we relate to one another.

How has the culture or worldly teaching about sexuality distorted your understanding of what God intends?

In the space below, write a prayer asking God to reveal His truth and remove any distorted teaching from your life.

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In the final chapter of this love song, the bride sings of the virtues of love.

Read Song of Songs 8:6–7. What stands out to you about the way the bride describes love?

This bride and groom remind us just how powerful and precious love and the hope for a lifetime bond can be. We should cherish the gift of romance and marriage, nurture and feed it. As our relationships mature, we shouldn't put them on autopilot. Maybe we aren't as gifted as the writer of the Song of Songs, but it doesn't take long to tuck a quick note of appreciation and affirmation into the hands of those we love.

What does it look like to fight for unity and intimacy in your marriage and relationships? Write your response in the space below.

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## CONNECT

Now that you've read and reflected on much of Song of Songs and the longing between the bridegroom and bride, it's time to connect this love story of the Bible with your own life. Fill out the chart below:



What does this love story teach you about the way you communicate your love to others?


What stood out to you most in this love story?

What challenged you most in this love story?



How do you hope to be more like the bridegroom and bride in the way you express and demonstrate love?

## REVEAL


Now that you've connected this love story of the Bible with your own life, it's time to look at how God reveals Himself and His love through this story to you.



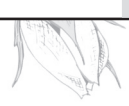




How does this love story challenge you to change the way you love others?



What does God reveal about Himself, His character, and His desire for loving relationships through this story?



What does this story suggest or reveal about the way God loves you?



## PRAY

Take a few minutes to ask the Holy Spirit to guide you as you respond to the following prayer prompts:

Lord, like the lovebirds in Song of Songs, help me . . .

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Lord, what “little foxes” have I allowed in my loving relationship? What do I need to do to get rid of them?

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Lord, where do I most need to grow in expressing and receiving love?

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Lord, considering the Song of Songs story, how are You calling me to live differently?

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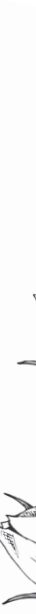
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## ABOUT THE AUTHOR

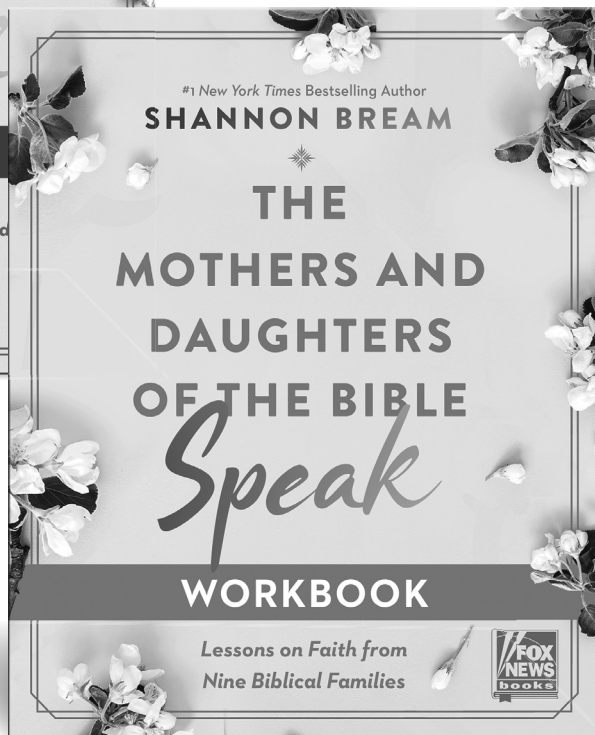
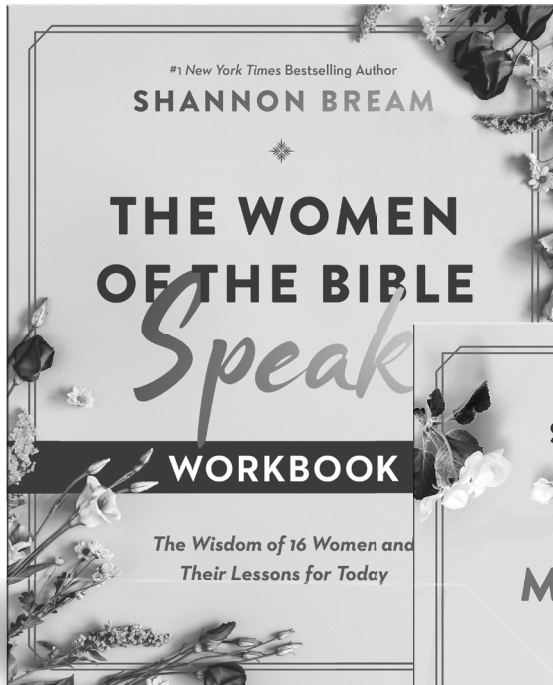


Shannon Bream is the author of the number one *New York Times* bestsellers *The Women of the Bible Speak* and *The Mothers and Daughters of the Bible Speak*, the anchor of *Fox News Sunday*, and the Fox News Channel's chief legal correspondent. She has covered landmark cases at the Supreme Court and heated political campaigns and policy battles from the White House to Capitol Hill.

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# DISCOVER GOD'S UNCONDITIONAL LOVE THROUGH LOVE STORIES IN THE BIBLE

The most foundational truth in Scripture is God's unconditional, unending, unfailing love for His people. Throughout its pages, we find the breadth of love expressed in the forms of friendship, family, romance, marriage, and more. From the first love between Adam and Eve, to the bonding love of Joseph and Mary, to the deep, meaningful friendships like that of David and Jonathan, the Bible takes us on a journey of discovering how God's unconditional love is expressed.

This workbook based on *New York Times* bestselling author Shannon Bream's book, *The Love Stories of the Bible Speak*, walks you through thirteen biblical lessons on romance, friendship, and faith in various stories across the Bible where you'll get a front row seat into the many challenges these men and women faced. As you explore these stories of love, you'll be encouraged to renew your love for others and for God.

You will discover how God's love is often very different from ours, turning our assumptions about life, relationships, and each other upside down. Each relationship focused on in this workbook displays similar obstacles to the ones we face today. Many encountered difficult conflicts and unspeakable challenges. Yet together they remind us that we are designed to both love and to be loved.

Each lesson includes four components:

**REFLECT** invites you to read key moments of each relationship in the Bible and see how the stories of characters in Scripture resemble your own experiences.

**CONNECT** asks you to consider how our Heavenly Father works throughout the Old and New Testaments to show us how he responds to our relational needs and design.

**REVEAL** provides an opportunity to identify specific ways in which we receive and offer love to others as well as receive and demonstrate love from God.

**PRAY** asks you to prayerfully consider how the love stories throughout Scripture tie into how God is challenging and growing your relationships today.



**SHANNON BREAM** is the author of the number one *New York Times* bestsellers *The Women of the Bible Speak* and *The Mothers and Daughters of the Bible Speak*, the anchor of *Fox News Sunday*, and the Fox News Channel's chief legal correspondent. She has covered landmark cases at the Supreme Court and heated political campaigns and policy battles from the White House to Capitol Hill.

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