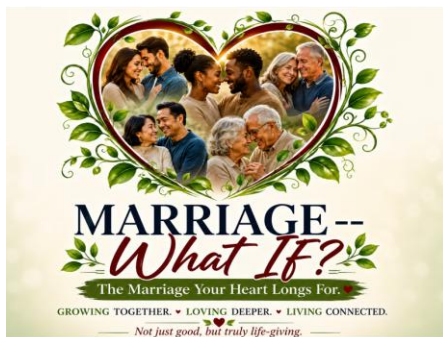




BU

What if your marriage could become more than simply surviving the demands of life? What if it could become emotionally safe, spiritually alive, and truly life-giving? In this Men's RoundTable series, we will explore God's design for intimacy, healing, delight, and connection through *The Deep-Rooted Marriage* by Dan Allender and Steve Call alongside *Fire and Song* by Carl W. Lehnbauer. This is an invitation for men to move beyond merely "getting along" toward cultivating a marriage that becomes truly life-giving.

Marriage – What If? – The Marriage Your Heart Longs For GENERATE GOODNESS – RECONNECT – REPAIR – RESTORE!

Created for Connection. Called to Love. Invited to Grow.

Highland Colony Men's Roundtable

www.Menstable.Com

July 16, 2026

Scripture: Song of Solomon 1:8; Song of Solomon 1:5,6; Proverbs 18:21; Song of Solomon 2:3-6; Song of Solomon 2:16; Song of Solomon 7:9-12; Song of Solomon 7:10-13; Song of Solomon 8:5

Music: I Won't Let Go - Rascal Flatts - <https://www.youtube.com/watch?v=0tRxvPQmE3s>

Videos:

Resources: Book: *The Deep-Rooted Marriage* by Dan Allender & Steve Call Book: *Fire and Song* by Carl W. Lehnbauer

GOD–MARRIAGE–GROWTH - Insecurity is overcome by the love of a Spouse – Song of Solomon 1:5-2:7 & 7:6-8:4.

1. **LOVE SPEAKS IDENTITY** → The Groom continually calls his Bride beautiful, lovely, and precious. His words become instruments of healing. Do your words strengthen your wife's confidence or reinforce her insecurities? S of S – 1:8 – Groom speaks. 1:5, 6 – Bride speaks. Proverbs 18:21.
2. **LOVE CREATES SAFETY** → The Bride gradually learns she does not have to hide. She is fully KNOWN and WELCOMED. Security grows where acceptance is repeatedly experienced. S of S – 2:3-6 & 2:16 & 7:9-12.
3. **LOVE CULTIVATES CONFIDENCE** → By Chapter 7 & 8, the Bride no longer defines herself by comparison or shame. She confidently receives and returns love. Her identity has been strengthened through faithful covenant love. Healthy marriage patiently replaces fear with reassurance, criticism with blessing, and distance with delight. S of S - 7:10-13 & 8:5.

RECONNECT: Turn Toward Instead of Away! – Chapter 11 in D-R Marriage.

1. **MOMENTS OF DISTANCE** → Disconnection is not failure. Remaining disconnected is.
2. **PURSUE INTIMACY** → Intimacy begins again when one person chooses to move toward the other. That first step might be:
 1. Starting a conversation.
 2. Being curious.
 3. Offering a hug.
 4. Admitting you're hurt.
 5. Expressing DESIRE!
3. **RISK VULNERABILITY** → Reconnection requires courage because someone has to risk being vulnerable first. James 4:8 – "Draw near to God, and He will draw near to you." As we learn to move toward God, we become more willing to move toward one another.

REPAIR: Own Your Part! – Chapter 11 in D-R Marriage.

1. **WHAT IS MINE TO OWN?** → Repair begins when we stop asking, "What did my spouse do wrong?" and begin asking, "What is mine to own. Repair is more than saying, "I'm sorry." It includes: confession, humility, listening, empathy, forgiveness, and changed behavior.
2. **DON'T AVOID CONFLICT** → A sincere apology doesn't erase pain. But it opens the door for healing. Healthy couples become skilled at repairing conflict. Matthew 5:23, 24 – "First go and be reconciled to your brother." Jesus places enormous value on repairing broken relationships.
3. **DEFEND or UNDERSTAND** → When conflict happens, do you spend more energy defending yourself or understanding your spouse?

RESTORE: Create Something Better Than Before! – Chapter 11 in D-R Marriage.

1. **STRONGER INTIMACY** → Biblical restoration isn't returning to the old normal. It's becoming something better. God never wastes pain. Every repaired conflict creates deeper trust. Greater understanding.
2. **RESTORATION** → Grace becomes stronger than resentment. Forgiveness becomes stronger than pride. Christ becomes the center again. Marriage becomes a living picture of the Gospel. Not because there are no wounds—but because wounds are redeemed. Joel 2:25. II Corinthians 5:18.
3. **HARDSHIP** → God uses difficult times to strengthen your marriage rather than weaken it.

ACTION: Journal This!

1. Where have we drifted apart? (Reconnect)
2. What do I need to own? (Repair)
3. How can I help create something stronger than before? (Restore)



Sign in to this Thursday's
Men's Roundtable



Donate to BPO



Sign Up for
Men's Coaching Weekend!

Scripture – The Message

Song of Solomon 1:8 - If you can't find me, loveliest of all women, it's all right. Stay with your flocks. Lead your lambs to good pasture. Stay with your shepherd neighbors.

Song of Solomon 1:5,6 - I am weathered but still elegant, oh, dear sisters in Jerusalem, Weather-darkened like Kedar desert tents, time-softened like Solomon's Temple hangings. Don't look down on me because I'm dark, darkened by the sun's harsh rays. My brothers ridiculed me and sent me to work in the fields. They made me care for the face of the earth, but I had no time to care for my own face.

Proverbs 18:21 – Words kill, words give life; they're either poison or fruit - you choose.

Song of Solomon 2:3-6 - As an apricot tree stands out in the forest, my lover stands above the young men in town. All I want is to sit in his shade, to taste and savor his delicious love. He took me home with him for a festive meal, but his eyes feasted on me! Oh! Give me something refreshing to eat - and quickly! Apricots, raisins - anything. I'm about to faint with love! His left hand cradles my head, and his right arm encircles my waist!

Song of Solomon 2:16 - My lover is mine, and I am his. Nightly he strolls in our garden, Delighting in the flowers

Song of Solomon 7:9-12 - your tongue and lips like the best wine. Yes, and yours are, too - my love's kisses flow from his lips to mine. I am my lover's. I'm all he wants. I'm all the world to him! Come, dear lover - let's tramp through the countryside. Let's sleep at some wayside inn, then rise early and listen to bird-song. Let's look for wildflowers in bloom, blackberry bushes blossoming white, Fruit trees festooned with cascading flowers. And there I'll give myself to you, my love to your love!

Song of Solomon 7:10-13 - I am my lover's. I'm all he wants. I'm all the world to him! Come, dear lover - let's tramp through the countryside. Let's sleep at some wayside inn, then rise early and listen to bird-song. Let's look for wildflowers in bloom, blackberry bushes blossoming white, Fruit trees festooned with cascading flowers. And there I'll give myself to you, my love to your love! Love-apples drench us with fragrance, fertility surrounds, suffuses us, Fruits fresh and preserved that I've kept and saved just for you, my love.

Song of Solomon 8:5 - Who is this I see coming up from the country, arm in arm with her lover? I found you under the apricot tree, and woke you up to love. Your mother went into labor under that tree, and under that very tree she bore you.

“I Won't Let Go” by Rascal Flatts

It's like a storm That cuts a path It breaks your will It feels like that You think you're lost But you're not lost On your own You're not alone I will stand by you I will help you through When you've done all you can do And you can't cope I will dry your eyes I will fight your fight I will hold you tight And I won't let go It hurts my heart	To see you cry I know it's dark This part of life Oh, it finds us all And we're too small To stop the rain Oh, but when it rains I will stand by you I will help you through When you've done all you can do And you can't cope I will dry your eyes I will fight your fight I will hold you tight And I won't let you fall Don't be afraid to fall I'm right here to catch you	I won't let you down It won't get you down You're gonna make it Yeah, I know you can make it 'Cause I will stand by you I will help you through When you've done all you can do And you can't cope And I will dry your eyes I will fight your fight I will hold you tight And I won't let go Oh, I'm gonna hold you And I won't let go Won't let you go No, I won't
--	--	--

Philip K. Hardin, M.A., M.Div.

Director of Business & Professional Outreach, Intl. - Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach

563 Johnson Avenue – Fairhope, Alabama 36532

Phone: 601-925-0707

Email: phil@bpointl.org

Webpage: www.bpointl.org