

Learning to Lean

Song of Solomon 8:4, 5a

*I charge you, O daughters of Jerusalem, that ye stir not up,
nor awake my love, until he please.*

*Who is this that cometh up from the wilderness,
leaning upon her beloved?*



There is nothing better than a comforting embrace. We are invited to lean on Jesus; and since He is not here in the flesh, He graciously gives us an earthly husband to help us understand the concept of leaning on Him. It's emotional surrender, but have you ever pictured yourself actually being held by God? It's about an unshakeable belief that He will always be there.

The Bible likens the relationship of Christ and us, the Bride of Christ, to that of a human relationship of a husband and wife. The unique sense of lightness and peace that comes from comradery, trust, and understanding from another person is powerful. One of the most wonderful blessings about marriage is having someone to lean on. Even more of a blessing is knowing that our husband feels safe enough with us to lean on us. In a healthy relationship, you lean on each other so that neither one of you falls. So, what does that look like?

Practical Tips for Leaning . . .

We lean on God even when we don't understand; we should do the same with our husband.

Prerequisite: Leaning on someone requires physical contact (not a spectator sport), humanly speaking. Leaning on each other is satisfying for both husband and wife. It's a body, soul, and spirit connection and makes for a great relationship— physically, emotionally, and spiritually. In the process, you'll breathe easier, smile more, love better, and live longer (with a smile on your face).

All things are futile unless both husband and wife are leaning on Jesus and on each other.

1. Admire him in front of others.

*"Be kindly affectioned one to another with brotherly love; **in honour preferring one another**"*
(Rom. 12:10).

Treat your husband with the respect he deserves. Respect his thoughts and opinions. We are a weaker vessel. The Bible doesn't say that we are weak. Think superlatives: *strong, stronger, strongest*. He needs you to need him for more than to kill bugs and take out the trash.

In every great marriage, the wife truly admires her husband.

2. Be his security blanket—and his vault.

*“That by two immutable things, in which it was impossible for God to lie, we might have a strong consolation, **who have fled for refuge** to lay hold upon the hope set before us” (Heb. 6:18).*

Sometimes all we need to do is just show up for him. Dave preached a minimum of three services a week, and he said that he could concentrate better if I were always sitting down front. He knew he had at least one supporter. In addition, be his vault. What purpose does a vault serve? It's where we can lock up something that we don't want everyone else to know. For our husbands, it is important that they can trust us with their thoughts or desires or failures or whatever it is that they consider personal.

3. Cast your care on Jesus *before* you cast it on him.

“Casting all your care upon him; for he careth for you” (1 Pet. 5:7).

He cares for you. He who? God. And your husband.

In any healthy and satisfying marriage, there will always be a concern and care for each mate.

4. Desire to please him.

*“So shall **the king greatly desire thy beauty**: for he is thy Lord; and worship thou him” (Ps. 45:11).*

Ps. 45 is considered a wedding psalm with multiple meanings—eternal and earthly, public and private. We don't please anybody that we don't *desire* to please.

We're women. What about the old girlfriend who wanted his attention after he desired YOU?

Now that you have him and know him, inside out, have it in your heart to desire him more every day.

5. Engage in stimulating conversation.

*“Death and life are in the **power of the tongue**: and they that love it shall eat the fruit thereof” (Pro. 18:21).*

Most men are somewhat intrigued by a woman who can challenge them mentally. Smart, funny, competitive, knowledgeable about things they love to talk about. Engaging in stimulating conversation keeps couples talking, and consequently makes the relationship stronger.

6. Find fun things to do together.

*“And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and **they had no leisure** so much as to eat. And they departed into a desert place by ship privately” (Mark 6:31-32).*

If Jesus and His disciples needed to “come apart” for rest and leisure, surely we need to do the same. It doesn't have to be fancy or expensive. The important thing is to just do it. Plan a weekly date (or at least a monthly date). Eat together, talk, laugh, meet for lunch, watch a sunset together. The list is endless. Make time. Schedule time. It's one of the best things you can do for your marriage.

7. Glance at each other every chance you get.

*“Thou hast ravished my heart, my sister, my spouse; **thou hast ravished my heart with one of thine eyes, with one chain of thy neck**” (Song of Sol. 4:9).*

Make eye contact constantly. The eyes are the window to the soul.
Look at each other and just know.

8. Help him be strengthened spiritually.

*“And Joshua said unto the people, Sanctify yourselves: **for tomorrow** the Lord will do wonders among you” (Joshua 3:5).*

In the middle of our busy human lives, it's easy to not prioritize spiritual things. In whatever situation we find ourselves, the Lord is at work and He has plans. It's important that we be conditioned to hear Him and follow Him. Tomorrow God may do wonders among you!

9. Instigate a rendezvous.

*“Let thy fountain be blessed: and **rejoice with the wife of thy youth**” (Pro. 5:18).*

Rejoicing together involves more than just *putting up* with each other. Having something to look forward to is foundational to a great marriage. Whether for one day or one week, to have a get-away planned makes a marriage stronger. In order to rejoice, we must step away from the busyness of our routine lives.

10. Jump in with both feet.

*“Whatsoever thy hand findeth to do, **do it with thy might**; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest” (Eccl. 9:10).*

It is easy to go about our day in a humdrum manner, but the Bible says that whatever we do should be done with all our might. Ask yourself: What can I be excited about doing and do it passionately today?

11. Kiss like you're lovers (not like you're married).

Let him kiss me with the kisses of his mouth: for thy love is better than wine” (Song of Sol. 1:2).

This, of course, will need to be intentional. A quick peck is easy and requires nothing of us. Admittedly, there are different kinds of kisses, and some require more effort than others. The “kisses of his mouth” is a passionate kiss, not just a peck on the cheek on the way out the door. Make time for more effort often.

12. Listen to him without interrupting.

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath” (James 1:19).

This is hard for us women to do, but it shows a respect for our mate when we hear them out. Make it a goal to be a good listener.

13. Make love often.

*Let her be as the loving hind and pleasant roe; let her breasts satisfy thee **at all times**; and be thou ravished always with her love. Pro. 5:19*

Believe it or not, this was God's idea! Remember the Garden of Eden when God gave instructions to Adam and Eve? The command carries throughout scripture. Solomon's wisdom on the subject is seen in Proverbs, and he details it further in the Song of Songs.

14. Never give him up.

"The heart of her husband doth safely trust in her, so that he shall have no need of spoil" (Pro. 31:11).

Our spouse has to know we have his back. We know how hard it is to trust. It's important that we be the one our mate knows will never give him up—not to make him look bad or ourselves look better, and not for a laugh at his expense.

15. Overlook little things that annoy you.

"Can two walk together, except they be agreed?" (Amos 3:3).

While people are like snowflakes and no two are exactly alike, there must be some things on which couples agree—things such as God, giving, goals, and guys/girls (kids).

16. Prepare him to succeed.

*"Her husband is **known in the gates**, when he **sitteth among the elders of the land**" (Pro. 31:23).*

We have a saying in our house when it's evening and we start thinking about what will be needed in the morning before we get out the door for work. "I'm preparing myself for success." The virtuous Proverbs 31 woman prepared herself and her husband for success. The fact that he sits at the gate among the elders of the land indicates the respect others had for the him. The wife was instrumental in his success.

17. Quit murmuring.

***Do all things without murmurings and disputings.** Phil. 2:14*

We may as well share a little conviction here. It's so easy to murmur. Remembering that God doesn't tolerate it (ask Miriam, Moses' sister), will help us to NOT DO IT!

18. Remember why and how and when you fell in love.

*"As the apple tree among the trees of the wood, so is my beloved among the sons. **I sat down under his shadow with great delight**, and his fruit was sweet to my taste" (Song of Sol. 2:3).*

Start with sitting down. Then remember. Be delighted. Let his fruit be sweet to your taste.

19. Show initiative.

“How fair and how pleasant art thou, O love, for delights!” (Song of Sol. 7:6).

Is there something you can do for your spouse that would make their day easier, or even just bring a smile to their face? Can you take something off of their plate, figuratively speaking, without being asked? Make a game out of it! See who can offer the most random acts of kindness. It's a win-win “competition,” since you'll both end up coming up with creative ways to show up for each other.

20. Turn over a new leaf.

“I sleep, but my heart waketh: it is the voice of my beloved that knocketh, saying, Open to me, my sister, my love, my dove, my undefiled: for my head is filled with dew, and my locks with the drops of the night. I have put off my coat; how shall I put it on? I have washed my feet; how shall I defile them? ...” (Song of Sol. 5:2-6).

The Shulamite maiden discovered that if you snooze, you lose. In whatever aspect you feel there could be improvement, now is a good time to turn it around. In a marriage, it's never too late.

21. Understand every need he has and meet it.

“My beloved is like a roe or a young hart: behold, he standeth behind our wall, he looketh forth at the windows, shewing himself through the lattice” (Song of Sol 2:9).

Spiritually, physically, mentally, emotionally, financially—a spouse has needs and many of them can be made better by the other spouse. Take time to ponder what that might be in your marriage.

22. Vacation together.

“Let us get up early to the vineyards; let us see if the vine flourish, whether the tender grape appear, and the pomegranates bud forth: there will I give thee my loves” (Song of Sol. 7:12).

Not enough can be said about getting away together. It gives time to get reacquainted and to re-set, enjoy couple time and/or family time.

23. Wait patiently when he is tied up.

“But let patience have her perfect work, that ye may be perfect and entire, wanting nothing” (James 1:4).

It is true that we run out of time and patience at about the same time. It is also true that patience helps every relationships, and it's something we all like to receive and need to give.

24. eXamine your heart daily.

“Search me, O God, and know my heart: try me, and know my thoughts”

We don't like to be searched, do we? Self-examination of ourselves is beneficial, and the good news is that we can trust God.

25. Yield yourself to God's plan for where you are at this moment.

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thess. 5:18).

This verse is good for anyone, at any age, in any situation. Nothing in our lives takes God by surprise; and for the Christian, it has filtered through His hands before it comes to us. Accept the challenge to be obsessively grateful every day.

26. Zero in on whichever of these 26 needs the most work.

*"Brethren, I count not myself to have apprehended: but **this one thing I do**, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling in Christ Jesus" (Phil. 3:13).*

Paul knew what it was like to be busy—and he didn't have a spouse to help him carry the load. Take a moment and look back over these twenty-six things and decide which one you will work on first. Feel the thrill of victory in doing better and move on to the next one on your list.

*Learning to lean, learning to lean
I'm learning to lean on Jesus
Finding more power than I ever dreamed
I'm learning to lean on Jesus.*