

Dear Husband & Wife

Your Love Challenge from the Songs of Solomon

By Jacqueline Oludimu

Introduction

Marriage was never meant to be endured—it was designed to be enjoyed. It is not merely a contract but a covenant; not simply a partnership, but a sacred union where two souls learn to love, serve, and grow together under God's loving gaze.

Dear Husband and Wife is a love letter and a divine reminder. Inspired by the poetic beauty and deep intimacy found in the Song of Solomon, I wrote this book as a heartfelt guide for husbands and wives who desire to treat each

other better, love each other deeper, and walk in the purpose of their union more intentionally.

Each page offers practical, spiritual, and emotional insight into how a husband can treasure his wife, and how a wife can cherish her husband not from the world's wisdom, but from God's Word. The Song of Songs isn't just romantic poetry; it's a manual on how passionate, God-centered love should look, sound, and feel.

This book doesn't aim to be perfect, just honest. Whether you're newly married, have been together for years, or are preparing for marriage, there's something in here for you. May the Holy Spirit breathe on every word and stir a fresh hunger in your heart to love your spouse the way God designed.

Let's journey together—verse by verse, heart to heart—as we rediscover the beauty, strength, and joy of a marriage that reflects heaven on earth.

With grace,

Jacqueline Oludimu

Chapter

Entice Me (Ch.1)

Come Away With Me (Ch.2)

Longing and Pursuit (Ch.3)

Altogether Beautiful (Ch.4)

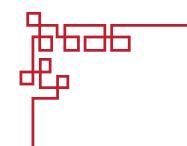
Awakened Desire (Ch.5)

Restored Love (Ch.6)

Love's Strength (Ch.7)

Seal of Love (Ch.8)

Conclusion





Chapter One: kiss, Caress, and Call Me Beautiful

Based on Songs of Solomon 1

Dear Husband

KISS

Kiss her.

It's not just physical — it's emotional, spiritual, and affectionate. A kiss speaks of closeness, desire and care. Whether it's her head, her neck, her lips, or anywhere you both deem fit. Kiss! Deeply, passionately, gently, playfully...Kiss!

Let her feel your desire in that simple, sacred act.

CARESS

Caress her!

Your hands were made for this!

Pull her into your embrace and cuddle without leading to sex. She finds your caressing more delightful than wine. Your caresses warm her heart up to, and for you. Never be too tired for this — daily. She celebrates your caresses more than the finest pleasures.

It is endearing.

It is heartwarming!

ENTICE

Linger in her mind all day no matter how busy the day is for her!

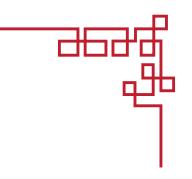
Good scents entice; So do good deeds!

Wear a perfume that refreshes her mind every time she inhales it. Smell nice for her. Let her be able to sense your nearness just by your fragrance. Your name to her is perfume poured out — let it always smell good.









Your heart. Your actions too!

Let her thoughts of you always draw her closer to you that she never will think of letting go!

It's in your actions!

Entice her body and soul!

AFFIRM

Let her always know she is loved and perfect for you! Declare your love endlessly. Tell her what you love about her. Let her never doubt how deeply you care. Your words shape how she sees herself — use them to build her.

Affirm her gifts, her calling, her beauty, her body, her role, her efforts, her place in your life!

Let her never doubt that she is the woman in whom you are pleased!

ENHANCE

A true reflection of the groom that you are is seen in your wife, her life and her outcomes!

There cannot be a better yesterday for her because you are a bridegroom!

Let her life, heart, and body reflect the nurturer that you are. A bridegroom primes and grows the bride he chose.

Make her better — spiritually, emotionally, physically, vocationally, financially, everywaypossible!

Present her stronger than when she came.

EMBRACE

Your masculine frame was made for this!

Your embrace is her comfort. It speaks safety! It says 'this is home.'



Let your left hand be under her head and your right hand hold her close. Make this a habit in and out of bed — with or without the intention of sex.





Your embrace can make all the difference on a full blown hands on day with the kids or a bad day at work! Your embrace can be the permission she has everyday to breathe. And know there is better in and with you!

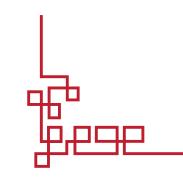
Let her melt in your arms! She will always come there!

DIGNIFY

Make her feel chosen — again and again.

Elevate her publicly and privately. Boldly make known even without words that no one comes close! Her confidence should rise every time she remembers who she married.

Your life, your name, your reputation should add prestige and honour to her!







Dear Wife

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APPEAL

Let your beauty — both inward and outward — stand out. Let the battle for his attention be easily won by you, by your heart, your ways and your appearance.

Let him remember your tender cheeks and peaceful spirit long after he leaves your arms.

Be the woman he's reluctant to walk away from and the woman is he longing to come home to!

PRAISE

Call him your handsome one.

Hail his heart!

Speak well of him — his efforts, character, vision.

Be his loudest cheerleader. Let your focus on the good in him begin to rub off on the not-so-good. Praise is a weapon, against not just external forces but also internal ones!

CELEBRATE

Delight in your union. Rejoice over milestones, landmark victories and also

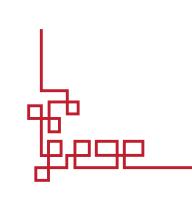
his little wins.

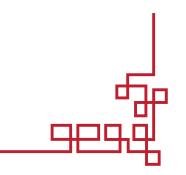
Applaud all!

Celebrate what you both have. Celebrate who you have, not just on birthdays and anniversaries, but everytime possible!

Reflect joy when you think or speak of your marriage.

Your happiness will stir his heart to give even more.









ADMIRE

Let your eyes tell him he still has your attention.

Never miss a new haircut! Make a comment!

Admire how he looks, walks, leads, works. Let him know he is desirable to you.

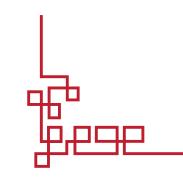
Admire his courage and tenacity! Admire his walk with God and the difference it makes!

NOURISH

Feed his heart with words that lift. He is capable of so much more in the context of encouraging words, feedback, conversations and contributions.

Feed his belly with food that satisfies and preserves.

Feed his soul with a presence that settles him, not one that stands the hair on his back! Be his place of calm and restoration. Let his mind find rest with you ahead of the huddles of the next day!





Chapter Two: Come Away With Me



Based on Songs of Solomon 2:1–17

Dear Husband

PURSUE

Keep wooing her. It never ends! She longs to be wanted. Let her know the pursuit didn't end at "I do." It deepens daily.

The letters, the love notes, the flirty messages, the compliments, the date nights, the listening ear.....The very things that got you here will take you further and some more.

Keep at it and keep her heart entwined with yours!

Your pursuit preserves!

PROTECT

Be her mountain. Be the wall around her that keeps her safe in every way!

Shield her from emotional harm, relational pain and the things that try to get her off her feet!

Let your presence be safety and your decisions be dependable.

Day or night, Let her heart go to sleep because she has you as you have the Mighty One behind you!

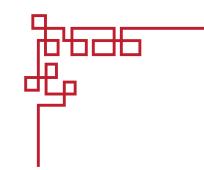
SPEAK

Let her hear your voice. Your opinion matters, don't just nod, speak to her!

Be a part of her thinking process when she is thinking aloud! Being her sounding board places you in a very special part of her heart! You become her first go to after God! Rats your space. Take it by speaking!









Speak wisdom! Speak truth! Speak guidance!

Say what you see in her even when she can't see it!

Speak life, speak faith, speak love.

Don't let silence become normal. Hear, listen. Speak and your relationship will never lose life!

CALL HER OUT

Draw her out of hiding. Do not indulge or ignore that she'll like withdrawal.

Whether out of fear, fatigue, or busyness — don't let her stay tucked away.

Call her gently: "Rise up, my love, and come away."

Take her away to a place of rejuvenation.

You will be better for it just as she would too! Your union will be stronger for it!

SET HER APART

In your eyes, let her be unmatched.

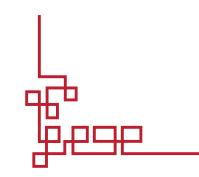
Show her that she is not just any woman — she is your only one.

In how you speak to and of her,

In how priortise her needs,

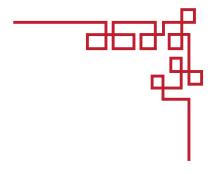
In how you allow others around you speak to her or treat her!

Let her place be known, now and always! She will cherish you for life!









RESPOND

Let him hear your "yes" again. Show him that his love is not reaching into a void. respond to his check-ins, his provision, his attention. None must be taken for granted.

Your response tells him he's still chosen.

In bed, respond! Your moan, your hands running through his back, your refusal to pull out of his arms....they mean a lot! Never stay quiet!

Respond with love to the love of your life and light up his heart each time.

TRUST

Believe!

Believe in him!

Believe his heart!

Let go of the walls. Your heart will rest when you trust. If anything tries to negate your trust, confront it until it evaporates

Let yourself be seen too. Open up with and to him.

Vulnerability is sacred ground — let him enter it with you, always. It increases intimacy!

REST

Rest in his love.

Rest in his leadership!

Don't always strive — let him cover you. your union is made up of one man and one woman. Be his woman!

When he comes home, he wants a feminine woman, Who he can pour into and be vulnerable with. No macho needed, even when he needs a shoulder!





Rest, if he says He's got it, then he's got it! Pat his back and Trust the Almighty to see him through!

Be still and lean into what you're building together.

FLOURISH

Bloom in his love.

Blossom in his hands!

Like a rose, fully opened up, allow yourself be who you have been destined to be in his garden!

Prosper!

Propel!

Let his presence make you softer, brighter, fuller. Let his grace rub off on yours! Hold no dream back, dream with him, let him give you wings and fly!

Your success is his pride!

Your joy is his crown!



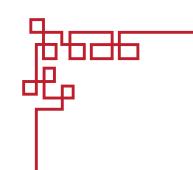
Don't force Anything.

Patience births peace!

Patience uncovers prosperity.

Wait with him, for the appointed time cometh.

If you have to push through anything, push together and if per chance, not together. Push from and with love!





Let your actions arise from love, not duty.

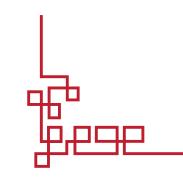
And if you're waiting, for anything at all — financially, emotionally or physically — let wisdom and patience protect what you both cherish.

Our Reflection Prompt

What are the ways we've stopped pursuing and responding to each other?

How can we restore that pursuit this week?

Let'S do it!





Chapter Three: I Searched Until I Found You

Based on Songs of Solomon 3:1–11

Dear Husband

NOTICE HER ABSENCE

Don't ignore emotional distance. If she's withdrawn, don't just carry on — seek her heart. Let her know you notice her silence and absence, even when she says, "I'm fine."

Uphold her in prayers. Seek answers on her behalf! Draw closer as soon as

possible!

Emotional distance is a sign, let it bring out the groom that you are!

When she is away from home, let her know what her absence means to you! Declare her value and affirm her impact!

SEARCH FOR HER

Be intentional about reconnecting. Search for her not just in the bedroom, but in conversation, in shared activities, in prayer. Let her see that her heart is a treasure you're always pursuing.

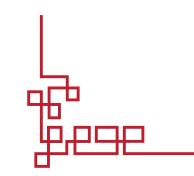
Search for her heart, her thoughts, fears, desires!

Be curious with her and for her!

Search for her warmth and if you can't find it, ignite the fire again!

Let her know you are always on the look out for her even if you misunderstand or offend each other sometimes.

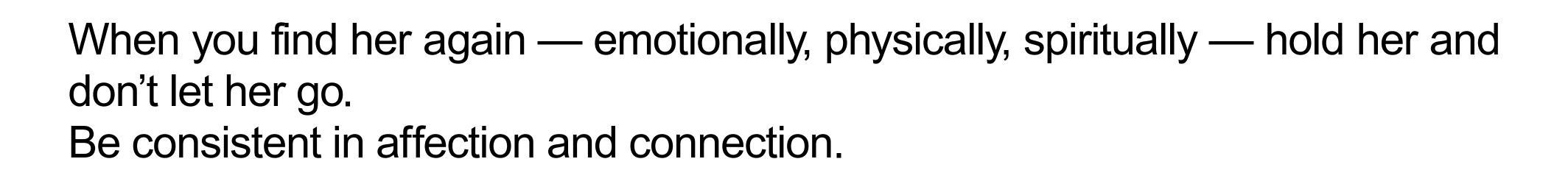
SECURE HER





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Don't let offence, busyness or routine steal your bond.

Like a pair of socks, keep being together and for each other. A pair of socks is only effective as a pair.

CELEBRATE HER PRESENCE

When she shows up — in forgiveness, joy, vulnerability, laughter — rejoice in

her.

Show her that she's never taken for granted. Celebrate her growth! Applaud her efforts and let her know how precious those moments are.

GUARD YOUR UNION

No man builds a house and leaves it porous to be pulled down!

Be like the watchmen in the city.

Guard your Union!

Guard your intimacy! Set boundary lines and ensure they are adhered to. Parenting boundaries, inlaw boundaries, Work boundaries, financial boundaries, sexual boundaries, media boundaries.... Set them all and stick to them!

Protect your home from distractions and intrusions that seek to weaken your love.

What is guarded is allowed to last!



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Dear Wife

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RECOGNIZE THE VOID

Don't ignore the void, when you sense it, be vulnerable with it and ask him to fill it!

When you miss him, acknowledge it. Tell him! Don't bury your longing in work, motherhood, or other distractions

There's beauty in needing your husband — emotionally, spiritually, intimately. State the need and let him meet the need!

SEEK RECONNECTION

Don't wait forever to be found. Seek out your husband too — through conversation, service, prayer, and shared time. If things go sour, keep it short. Reconnect as soon as possible!

Let him know you miss him and want to restore closeness.

Let him know the issue is not greater that the love and purpose your union holds. Deal with the issue together and embrace each other.

It has to always be both of you against the issue not the issue in between you!

Say I'm sorry with speed abd sincerity!

CELEBRATE REUNION

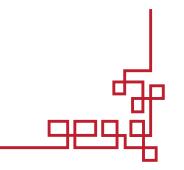
When you reconnect, cherish it. Hold onto it.

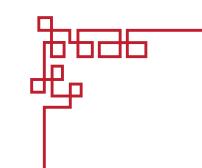
Whether it's after a short physical or emotional time away for whatever reason, Be fully present.

Rejoice at the gift of togetherness!

Let your heart dance again at the joy of oneness.









NVITE HIM IN

Say like the Shulammite woman, "I found the one my heart loves. I held him and would not let him go."

Do not sweep matters under the carpet, do not smile just to get by, open to your heart again!

Embrace with pardon!

We will forgive as many times as required. It is the currency you both must spend for a long lasting marriage!

Let your words, actions, and openness reflect that embrace.

PREPARE FOR INTIMACY

As the chapter ends with a royal procession for King Solomon's wedding, prepare your heart for renewed intimacy — emotionally and physically.

Honour your covenant by tending to it intentionally.

Renew the seal with vulnerability at all levels, then seal it up, body to body, soul to soul, spirit to spirit!

Our Reflection Prompt

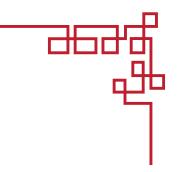
What season are we in — distance, searching, or reunion?

How can we both participate in protecting and nurturing our love?









Chapter Four: You Are Altogether Beautiful

Based on Songs of Solomon 4:1–16

Dear Husband

SPEAK BEAUTY

Describe her beauty in detail. Don't generalize — be specific and sincere. Her eyes, hair, smile, stature — let her know you see her and are captivated.

Let her beauty be renewed in her mind through your eyes and mouth! It is precious!

Speak beauty with your hands on her! Cup her face in your hands, like the precious jewel that she is and speak to her!

FEED HER CONFIDENCE

In a world that often tears women down, your words should lift her.

Call her "altogether beautiful."

Let your voice silence every insecurity and past rejection.

In a world where women are made to feel like they have to do more to get more, show her otherwise!

Provide and let her be taken care of. Let her show up not because she needs to prove that she can get something but because she has all she needs and lacks nothing.

ROMANCE HER







Praise her with poetic affection.

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Let your pursuit be tender, not transactional. She can not only have your attention when your body wants sex!

Romance is not to be missing, far or near! Uts in the simple and elaborate things!

Woo her heart and stir her desire through meaningful affection and intentional intimacy.

HONOUR HER BODY

See her body as a garden — sacred, fruitful, and yours to tend with gentleness.

Don't rush; dwell. Know her body, it's yours! Study it. Know what works and what doesn't! Focus on what works and expand that as you both find pleasurable and comfortable!

Let her know she is cherished, not consumed.

Her body is to be protected! If she is not comfortable with it, wait it out or talk it out.

Her body is to be loved, handled with care, never violated or approached with violence.

Only tender loving handling, that way, you get more!

INVITE HER LOVE

Say with depth, "You have stolen my heart, my love, my bride.

Let her feel the blend of passion and purity in your love for her.

Never treat her love as casual. It's gold and it's your haven!

Call for it, with your actions and words, with your sacrifice and selflessness!

Invite her love with your unconditional, kind and patient love.



Dear Wife

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WELCOME HIS GAZE

Let him see you. Don't shrink back from his admiration. Take the stage! Let him bathe you with his eyes and words!

Let him find pleasure in doing so.

Let your husband gaze upon you with joy.

Don't brush off his compliments — receive them with joy and gratitude. Dance before him.

Let him see the effect of his gaze and beautiful words on you, so it never stops!

BE A SAFE PLACE

Like a locked garden, let your heart be his sanctuary.

Silence can be safe sometimes, so give it as a gift. Sometimes just needs listening ears.

Hear and Listen without judgement.

Know when counsel is requested or needed and give with humility.

Encourage!

Cheer him on!

Let your love be deep, intentional, and exclusive.

Don't share what belongs only to your husband.

Don't share his secrets or vulnerability, let his heart find safety in you.

PREPARE TO RECEIVE







Be emotionally and physically open.

Make space in your heart and schedule to receive his love. His love must be met with enthusiasm as often as possible and if something is getting in the way of that, call it out, find a solution!

Don't resist tenderness — lean into it.

DELIGHT IN PLEASURE

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God celebrates intimacy in marriage, especially the physical, sexual intimacy! He does! He made it for you to enjoy!

Make it one of your fun and loving hobbies. Make love! Passionately or quickly.

Explore honourably!

Enjoy Confidently!

Find joy in giving and receiving pleasure without guilt.

Let nothing hinder you!

Let your passionate and pleasurable physical intimacy reflect the purity and depth of your covenant.

INVITE HIM IN

Say with passion and confidence, "Let my beloved come into his garden.

Welcome him into your world — emotionally, spiritually, and physically — with warmth and honor.

Invite him in, make the move, ask him to Come into his chambers!

Let him know that you desire him and long for him too.

Send him a message ahead and tell him, his garden needs tending. Do this often! He will thank the Lord for you!



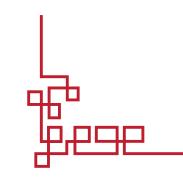




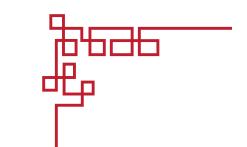
Our Reflection Prompt

How often do we affirm each other's beauty and presence?

What are ways we can rekindle the romance in our daily lives?









Chapter Five: I Opened to My Beloved... But He Was Gone

Based on Songs of Solomon 5:1–16

Dear Husband

BE PRESENT WHEN YOU PURSUE

Come with love, not just for pleasure. Knock with gentleness.

Don't demand access to her body while neglecting her heart.

Be present in every way — emotionally, mentally, spiritually, always! This is your garden.

This is your territory!

Man it in every way!

Don't be a visitor! Be a true owner and lover!

Come with your heart always not your body; come with your heart before the body (put yourself in her shoes and care) and you will enjoy even more!

RESPECT HER SPACE

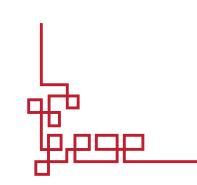
If she's tired or unavailable, don't storm off emotionally.

Love waits.

Don't punish her with silence or distance. Rejection may be unintended — give grace and stay close.

Like the owner and groom that you are, wet the garden but also give space for the sun light to do its work.

Let her know she can have the space but you are there and solidly behind her!





BE WORTHY OF HER SEARCH



When she seeks you out — emotionally or physically — be someone worth the effort.

Be tender, not withdrawn.

Be found not hardened up! Ego doesn't build, it edges God out! Forgive and embrace, as often as required!

Let your character and love echo, even in your absence.

SPEAK LOVE EVEN WHEN HURT

If she is delayed or hesitant, don't respond with coldness.

Still speak her name with honor. Still speak to her beautifully, it's how we stay humble and selfless.

Let your heart stay soft, even if timing clashes.

Let your eyes still say I love you even if you don't love the action. Call it out in love and remember the goal is to go forward stronger not bitter.

RETURN WHEN SHE CALLS

When she comes looking for you, don't stay hidden. Reconnect

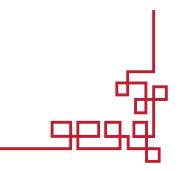
Don't let pride prolong distance. Remember, ego means Edging God Out of the picture. We can't go far without God so we align with Him.

God is the father of restorations! Heaven rejoices at returns and restorations! Be the reason heaven returns!

Don't even wait. Go get her back in your embrace so your mutual enemy doesn't get to laugh! You must always win!

Love doesn't punish — it welcomes. Go welcome her now!







Dear Wife

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RESPOND TO HIS PURSUIT

Don't always delay or push aside your husband's need for connection.

Your availability communicates love. Your availability communicates priority and importance.

Don't let indifference become a habit.

HANDLE INTERRUPTIONS WITH GRACE

Sometimes, pursuit comes at inconvenient times. He will come knocking at the door of your chambers for play, passion or more at an unprepared time for you, be intentional.

The danger is that he gets turned down each time for valid reasons, but grace and empathy does better.

Let your heart be flexible. Even if you need a moment, stay tender — don't dismiss him sharply.

A soft answer, a submissive heart and a gentle spirit!

DON'T GIVE UP WHEN DISTANCE HAPPENS

Misunderstandings will come, Let them teach you more about each other and and what to avoid to grow closer not away from each other.

When he seems distant, seek him.

Call him. Look for ways to reconnect. Let love drive your response, not offense.

True Love in between a couple doesn't build walls, it's builds bridges and seeks connection not distance!

Open your heart and embrace, again!







REMEMBER HIS GOODNESS

When hurt, don't replay only the negatives. They are the enemy's tools. Don't use them.

Recount what you love about him — his strength, kindness, voice, and character. Think about the good times and acts, they are many and choose to let these flood your hearts at his time so it's easy to see the issue as what it is rather than what the Enemy would rather make it!

This is how you guard your heart from bitterness.

if you are married to a good man, you know it and can choose to dwell on his

good qualities even when calling out the wrong bits!

PRAISE PUBLICLY, NOT JUST PRIVATELY

Tell others —

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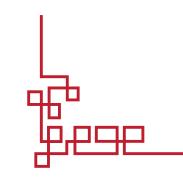
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"This is my beloved, this is my friend." Let your words defend his image in your heart and in public. Honour your man with your mouth, even when emotions are stirred.

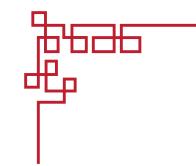
Let the world know you are married to a great man! Praise preserves, even more public praise.

Reflection Prompt (For Couples):

How do we respond when timing or emotions clash? What does it look like to seek each other even after misunderstanding?









Chapter Six: My Beloved Is Mine and I Am His

Based on Songs of Solomon 6:1–13

To the Husband

RETURN WITH ADMIRATION

Even after tension, return with words that build her up.

Admire her still — her beauty has not faded, and neither should your praise.

Let reconciliation restore not just peace, but also passion.

MAKE HER FEEL CHOSEN AGAIN

Many may be attractive, but let her know: "My dove, my perfect one, is unique"

She is not just your wife — she is your only one.

Be clear that your eyes and heart are hers alone, come rain or shine!

GROW THROUGH CONFLICT

Don't just move past misunderstandings — grow through them.

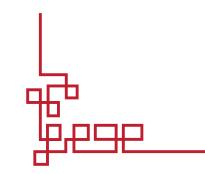
Let every clash teach you how to love her better, speak more tenderly, and listen more deeply.

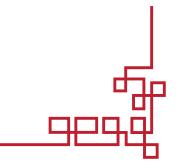
Let your differences be the very things that draw you closer and make your union stronger, when you learn from every one.

CELEBRATE HER MATURITY

Notice how she's growing.

Notice her victories!









She's not the same woman you married — she's becoming even more beautiful in character, resilience, and strength.

She is doing well and embracing life daily better than she did the day before, no matter what it throws at you both!

Say it.

Commend it.

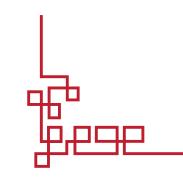
Celebrate it.

RESTORE INTIMACY FULLY

Let your return to her be complete — not just physical but emotional. Let your heart be fully clear of any offence and full of love.

Reassure her with love that draws her back into full connection.

If she feels like this conflict resolution is because sexual activities needs to resume on your part, then intimacy isn't fully restored!







Dear Wife

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BE READY TO BE FOUND

When peace returns, open your heart again.

Don't withhold love as punishment. Let your posture say, "I'm ready to walk with you again."

RECEIVE HIS ADMIRATION

When he praises you again, don't deflect or doubt.

Take it

Believe it.

Let his admiration soften the places conflict may have hardened.

CELEBRATE UNITY

Say again, "My beloved is mine, and I am his." This covenant is mutual. Reaffirm that you belong to one another — body, soul, and spirit.

WALK IN HUMILITY AND GRACE

You don't always have to be right to be restored.

Sometimes, peace is more powerful than being proven correct.

Choose grace over ego.

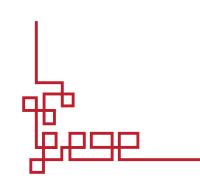
REFLECT GODLY RADIANCE

As the Shulammite was described as "as majestic as an army with banners", walk with that same quiet strength and dignity.

Your presence is in itself a gift and a blessing!

Your presence is powerful — use it to heal, not to wound.

Our Reflection Prompt



How do we handle reconciliation in our relationship? Are we quick to reaffirm our bond, or do we prolong distance?





Chapter Seven: How Beautiful You Are, How Pleasing, O Love with Your Delights

Based on Songs of Solomon 7:1–13

Dear Husband

DESCRIBE HER WITH HONOUR AND DESIRE

Don't just desire her — describe her.

From head to toe, express how much you admire her body, her movement, her grace.

Be poetic, be specific, and let your words affirm her beauty with no shame.

MAKE HER FEEL CHERISHED, NOT CONSUMED

Let her know that your desire is not just for pleasure, but because you truly cherish her.

Your longing for her should feel like a song, not a demand.

CELEBRATE HER FEMININITY

Speak joyfully about her womanhood. Celebrate her curves, her softness, her strength, her rhythm.

Encourage her femininity with your masculinity. Let her never feel a need to be macho! Let her always find a reason to just be your baby girl! Make it easy for her to stay soft.

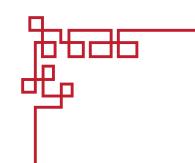
Let your passion for her remind her that she's still captivating to you — no matter how long you've been married.

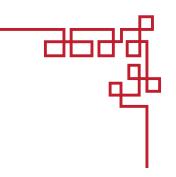
INITIATE LOVE JOYFULLY

Invite her to the vineyard — your secret place of intimacy.

Romance her intentionally.







Don't be passive about sex; initiate it with joy, honor, and emotional presence.

Make moves on your woman! She is yours!

LET HER DESIRE YOU TOO

Don't be the only one pursuing.

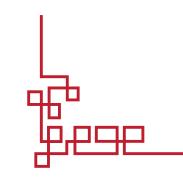
Love her in a way that stirs her desire back toward you — emotionally and physically.

Let your love draw her to say, "I belong to my beloved, and his desire is for me."

Appeal to her eyes.

Attract her heart!

Desire will Well up'









Dear Wife

RECEIVE HIS PRAISE FULLY

Don't shy away when your husband praises your body or beauty.

Don't wave it off or argue it away.

Let his words settle in and affirm you — you are beautiful to him.

His praises are yours to receive, fully!

You are deserving, fully!

RESPOND TO HIS LONGING

Desire is not one-sided.

Let your body language, words, and energy communicate that you long for him too.

Love is mutual — so is longing.STAY SENSUAL AND OPEN

Don't bury your sensuality under routines and roles.

Nurture it.

Let your femininity remain alive.

Be playful, be present, and be passionate with your man.

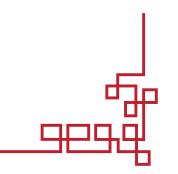
Be sensual! You can play that game often and be his buddy!

ENJOY GODLY PLEASURE

God created your union to include pleasure. Intimacy is holy, not dirty.

Enjoy it.

Initiate it sometimes.







Review it!

Improve it!

Prioritize it!

Speak freely and express desire in ways that honor your covenant

KEEP THE VINEYARD ALIVE

Just as a vineyard needs tending, so does intimacy.

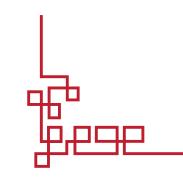
Don't let time, kids, work, or fatigue steal the joy of your garden.

Keep the fire burning — with intentionality, creativity, and grace.

No dead vineyards here!

Alive and active only.

Dear Couple, reflect over a meal/during a drive or scheduled time How do we express desire in our marriage? Are we both actively tending the vineyard of intimacy?









Chapter Eight: Love as Strong as Death, Its Jealousy Unyielding

Based on Songs of Solomon 8:1–14

To the Husband

PROTECT YOUR LOVE FIERCELY

Love your wife with a commitment that says, "Nothing and no one comes between us."

Let your love be stronger than death — enduring through trials, temptations, and seasons.

The only time good enough to build a wall in your marriage is when it is to put anyone against it or either of you outside.

LET YOUR JEALOUSY BE HOLY

Jealousy in marriage isn't insecurity — it's a holy desire to protect what belongs to you.

Guard your marriage.

Be alert.

Watch each others back in a safe and loving way.

Let your vigilance be born out of love, not control.

SEAL YOUR HEART TO HER

Place her like a seal over your heart.

Let your heart belong to no one else.

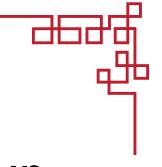
Set up boundaries — emotional, spiritual, physical — that honor your covenant with her.

INVEST IN HER FAMILY HONOURABLY









Like Solomon speaks of the brothers caring for their sister's purity, honor your wife's family and history.

Be a man who protects not only her heart, but her reputation and peace of mind.

If they mean a lot to her...your investment will be a gift to her!

GIVE HER REST AND SAFETY

Be the kind of man she can always return to — a resting place, a familiar home.

Step in, so she can take a back seat to rest.

Let your love always feel like a safe haven.

Dear Wife

BE A SEAL ON HIS ARM

Lay claim on him — not through control, but through presence.

Be emotionally present.

Be spiritually connected.

Be physically available.

Let him know he is deeply loved and never alone.

LOVE WITHOUT FEAR

There is no fear in perfect love.

Let your love be fearless — not afraid of hard seasons or changing tides.

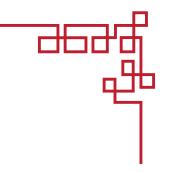
When love is strong as death, it's not shaken by storms.

You don't have to be perfect to be devoted.

Love from faith!







LET YOUR LOVE BURN

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"Many waters cannot quench love..."

Let your passion burn bright — consistently, fiercely, and faithfully.

Don't let life's busyness or bitterness put out your fire.

BE HIS HOME ALWAYS

Even when he goes out to labor, lead, and fight — let him know: "You can always come home to me."

Be the peace after the battle. The softness after the storm.

CHOOSE LOVE AGAIN AND AGAIN

In conflict, in joy, in silence, in laughter — choose love.

Every day.

Choose to forgive.

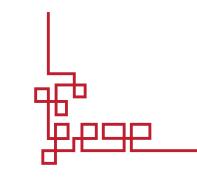
Choose to believe.

Choose to keep growing.

Because love, real love, is forever.

Our Reflection Prompt

What have we sealed in our marriage? Are we fiercely committed to protecting and growing our love, daily?







Dear husband. Dear wife.

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Marriage is not just a social contract; it is a spiritual covenant—an invitation to reflect the love of Christ and His bride, the Church.

You are not just lovers—you are builders of legacy, co-heirs of grace, and partners in purpose.

Let your love be expressive.

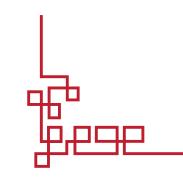
Let your friendship be firm.

Let your union be fragrant, like the wisdom and beauty captured in the Songs of Solomon.

Keep choosing each other. Keep growing in grace. Keep becoming one.

This is not the end, but the beginning of a deeper, sweeter journey together. May your love story be refreshed, restored, and richly rewarding.

With love and purpose, Jacqueline Oludimu Your Marriage Mentor and Grace Junkie









I'll be happy to continue this Journey with you.....

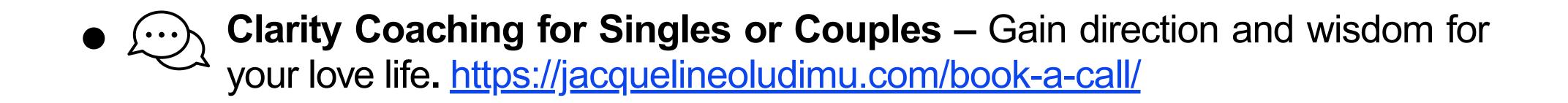
If this book stirred your heart, imagine what intentional mentoring and guided conversations could do for your marriage. You don't have to figure it all out alone. Here's how we can walk together:



Before You Say I Do – A 6-week one-on-one pre-marriage preparation program. www.Jacquelineoludimu.com/pre-marriage

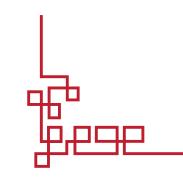
Better Marriage Course – For couples ready to deepen their connection. <u>https://jacquelineoludimu.com/courses/better-marriage-course/</u>

Relationship Review Sessions – A tune-up for struggling or complacent unions. <u>https://jacquelineoludimu.com/product/relationship-review-session-</u> <u>with-coach-jackie/</u>





1-on-1 Mentoring for Singles – For those who want to prepare well before marriage. <u>https://jacquelineoludimu.com/singled-out/</u>



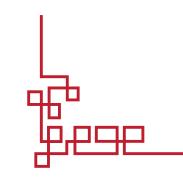




MarriageMaxx Community – A growing family of couples learning, loving, and leading purposefully together. https://bit.ly/Marriagemaxx More of my books - www.jacquelineoludimu.com/books

Visit <u>www.jacquelineoludimu.com</u> to explore our resources, sign up for sessions, and stay updated on upcoming events.

You can also connect with me on Instagram and Facebook: @jacquelineoludimu. <u>https://www.instagram.com/jacquelineoludimu/</u>



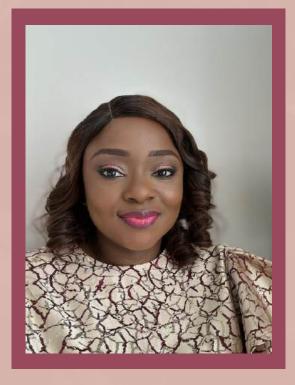
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About the book

Dear Husband and Wife is a heartfelt guide for couples inspired by the rich love poetry of Songs of Solomon. With biblical insights and practical wisdom, it teaches spouses how to treat each other with tenderness, honor, and intentional love. This book reminds you that marriage is not just duty—it's delight, devotion, and divine design. A refreshing read for couples at any stage.



Jacqueline Oludimu

Jacqueline Oludimu is a certified marriage mentor, Christian life and relationship coach, and the heart behind the MarriageMaxx community, the God's Prepared Singles which she co-leads with her husband.

Affectionately known as "The Grace Junkie," she is passionate about helping couples start strong, stay in love, and build marriages that reflect God's purpose, joy, and design.

With many years of experience mentoring singles, engaged couples, and married pairs, Jacqueline teaches with authenticity, biblical truth, and healing wisdom—anchored in her personal testimony.

She is the author of Grace Junkie, Marriage On Purpose, Move On, and other titles available on Amazon. She also convenes the annual international Saying I Do Conference and is a devoted wife and mother, daily living out the love and grace she so freely shares.