

BRAVE NEW YOU

Sacred Sex

Physical intimacy profoundly impacts the quality and longevity of your life

Song of Solomon 1:2(ERV): "Cover me with kisses, for your love is better than wine."

Song of Solomon 2:8-10(NLT): Ah, I hear my lover coming! He is leaping over the mountains, bounding over the hills. My lover is like a swift gazelle or a young stag. Look, there he is behind the wall, looking through the window, peering into the room. My lover said to me, 'Rise up, my darling! Come away with me, my fair one!'"

DOPAMINE

Dopamine is more about novelty than ecstasy

Leverage Your Biology

"It's not easy to say farewell to the dopaminergic thrill of new partners and passionate longing, but the ability to do so is a sign of maturity, and a step toward long-lasting happiness." The Molecule of More by Daniel Lieberman and Michael Long

Speech

Proverbs 18:21: "The tongue has the power of life and death."

Song of Solomon 4:11: "Your lips drip honey"

Effort

Song of Solomon: "Let's Run... Let's Go.... Let's Climb"

Genesis 2:24(CSB): "This is why a man leaves his father and mother and bonds with his wife, and they become one flesh."

X-factor

Lamentations 3:22,23: "The love of the Lord is... renewed every morning"