

SHULAMMITE WOMAN: RECLAIMING YOUR SENSUALITY, BEAUTY & SACRED CONFIDENCE

House of Women Live Study Guide

By Pastor Kim Bulgin

Today we're diving into a woman who's rarely preached... but she might be one of the boldest in the Bible:
The Shulammite Woman from *Song of Songs*.

She is:

- A sensual worshiper
- A confident lover
- A spiritual owning of her feminine power

She reminds us that **your sensuality is not sinful, it's holy.**
If you've ever struggled to see your body, beauty, or desires as holy... this study is for you.

Grab your tea, grab your journal, and let's study her right.

📖 GOD'S RECEIPTS (Because we love receipts)

- **Song of Songs 1:5** – "I am dark, but lovely..."
- **Song of Songs 3:1–4** – "All night long on my bed I looked for the one my heart loves..."
- **Song of Songs 7:1–9** – A poetic, vivid celebration of her body

- **Psalm 139:14** – “I praise you because I am fearfully and wonderfully made…”
- **1 Corinthians 6:19** – “Your body is a temple of the Holy Spirit…”

📚 WORD STUDY HIGHLIGHT

Hebrew Word: Na’vah (נָאוָה) – lovely, fitting, beautiful
This word isn't about worldly vanity. It’s about being *in alignment* with how God created you.

Hebrew Word: *Tif’eret* (תִּפְאֶרֶת) – glory, splendor, beauty
Used to describe God's glory. Meaning: when you embrace your body, you're reflecting *His majesty*.

✨ TIME TO GET REAL

Answer these in your journal (don’t hold back):

- What’s one part of your body you’ve been ashamed of? Who taught you that shame?
- When have you been told your sensuality or beauty was “too much”?
- How have you confused sexual expression with shame, rather than sacred confidence?
- In what ways have you been waiting to be chosen instead of choosing yourself?

💬 SPEAK LIFE, QUEEN

Say these aloud over yourself this week:

- I celebrate my body as a sacred creation.
- My sensuality is not sinful — it’s sacred.
- My beauty is not a distraction. It’s divine.
- I can desire and still be holy.
- I don’t shrink. I radiate.

🙏🏾 SINCERELY TALK TO GOD

God, thank You for making me in Your image, beauty, boldness, and all.
Heal what shame distorted in me.
Teach me to honor my sensuality and celebrate my body as a reflection of Your creativity.
Help me walk boldly in sacred confidence.
Let the same Spirit who raised Jesus empower me to live fully, love freely, and stop hiding my radiance. Amen.

📓 GRAB YOUR JOURNAL

Write about this:

- What would your life look like if you truly believed your sensuality was a gift?
- What environments or relationships have caused you to shrink your sexy, shrink your shine, shrink your sacred?
- What new truths do you want to replace those old lies with?

ONE-DAY DEVO: THE SENSORY SABBATH

📖 *Song of Songs 7:6* – "How beautiful you are and how pleasing, my love, with your delights!"

The Shulammite doesn't separate worship from pleasure. She brings her whole self.
God didn't give you senses so you could live numb. He gave you senses so you could live *fully*.

Reflection:

- Light a candle.
- Anoint your body with oil or lotion.
- Sip something warm.
- Put on worship music.
- Say thank You for every sensation.

Your pleasure is not rebellion, it's revelation.

💎 A TASTE OF WHAT'S NEXT

Loved this study?

- Grab your copy of *The Sisters Stay Dropping Gems* for more studies like this on 21 biblical women who weren't afraid to shine.
- Subscribe to **House of Women** on YouTube and invite another woman to walk boldly with you.

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