



Sermon Notes & Study Guide

Song of Solomon 3

True love is not casual

1 On my bed by night
I sought him whom my soul loves;
I sought him, but found him not.
2 I will rise now and go about the city,
in the streets and in the squares;
I will seek him whom my soul loves.
I sought him, but found him not.
3 The watchmen found me
as they went about in the city.

“Have you seen him whom my soul loves?”
4 Scarcely had I passed them
when I found him whom my soul loves.
I held him, and would not let him go
until I had brought him into my mother's
house,
and into the chamber of her who
conceived me.

“If you are willing to lose Christ’s company, he is never intrusive, he will go away from you, and leave you till you know his value and begin to pine for him.” (Charles Spurgeon)

5 I adjure you, O daughters of Jerusalem,
by the gazelles or the does of the field,
that you not stir up or awaken love
until it pleases.

“You must believe that God is not holding out on you, that he isn’t withholding sex from you to make you miserable. He has something greater in store for you. And if you as a couple can trust him together and believe in the wisdom of his Word and the godly counsel of his servants in the church, your relationship will go to better places than sexual intimacy can take you.” (Matt Chandler, The Mingling of Souls)

“It can seem difficult, even impossible, to bind oneself for life to another human being. This makes it all the more important to proclaim the Good News that God loves us with a definitive and irrevocable love, that married couples share in this love, that it supports and sustains them, and that by their own faithfulness they can be witnesses to God’s faithful love. Spouses who

with God's grace give this witness, often in very difficult conditions, deserve the gratitude and support of the ecclesial community.” (Catholic Catechism 1648)

6 What is that coming up from the wilderness
like columns of smoke,
perfumed with myrrh and frankincense,
with all the fragrant powders of a merchant?
7 Behold, it is the litter of Solomon!
Around it are sixty mighty men,
some of the mighty men of Israel,
8 all of them wearing swords
and expert in war,
each with his sword at his thigh,
against terror by night.

9 King Solomon made himself a carriage
from the wood of Lebanon.
10 He made its posts of silver,
its back of gold, its seat of purple;
its interior was inlaid with love
by the daughters of Jerusalem.
11 Go out, O daughters of Zion,
and look upon King Solomon,
with the crown with which his mother
crowned him
on the day of his wedding,
on the day of the gladness of his heart.

Ephesians 5:31-33

31“‘Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.’ 32 This mystery is profound, and I am saying that it refers to Christ and the church. 33 However, let each one of you love his wife as himself, and let the wife see that she respects her husband.”

“God who created man out of love also calls him to love the fundamental and innate vocation of every human being. For man is created in the image and likeness of God who is himself love.90 Since God created him man and woman, their mutual love becomes an image of the absolute and unfailing love with which God loves man. It is good, very good, in the Creator's eyes....”
(Catholic Catechism 1604)

Study Guide

- What did God speak to you this weekend?

Read Song of Songs 3:1-5

- What does it look like to be healthily desperate in a relationship?
- How would you describe your desperation for Jesus in this season?
- What's one thing you can do to seek Him this week?

Read Song of Songs 3:6-11

- How do you currently esteem or value marriage?
- How do you currently esteem or value your relationship with Jesus?
- Would you describe your faith as casual?
- What is one step God is calling you to take to be less casual in your faith?