



Sermon Notes & Study Guide

Song of Solomon 4

Make love, not lust.

*"Our addictions make us cling to what the world proclaims as the keys to self-fulfillment: ... sexual gratification without **distinguishing between lust and love.**" - Henri Nouwen*

I. Love Delights in her Beauty. (v.1-7; 9-11)

¹Behold, you are beautiful, my love, behold, you are beautiful!

Your eyes are doves behind your veil. Your hair is like a flock of goats leaping down the slopes of Gilead.

²Your teeth are like a flock of shorn ewes that have come up from washing, all of which bear twins, and not one among them has lost its young.

³Your lips are like scarlet thread, and your mouth is lovely. Your cheeks are like halves of pomegranate behind your veil.

⁴Your neck is like the tower of David, built in rows of stone; on it hang a thousand shields, all of them shields of warriors.

⁵Your two breasts are like two fawns, twins of a gazelle, that graze among the lilies.

⁶Until the day breathes and the shadows flee, I will go away to the mountain of myrrh and the hill of frankincense.

⁷You are altogether beautiful, my love; there is no flaw in you.

⁹You have **captivated** my heart, my sister, my bride; you have captivated my heart with **one glance** of your eyes, with **one jewel** of your necklace.

¹⁰How beautiful is your love, my sister, my bride! How much better is your love than wine, and the fragrance of your oils than any spice!

¹¹Your lips drip nectar, my bride; honey and milk are under your tongue; the fragrance of your garments is like the fragrance of Lebanon.

"He loves her not for what comes to him from her, or with her, but for what he is able to bestow upon her." - Charles Spurgeon

II. Love Desires her Protection v. 8 & 12

⁸Come with me from Lebanon, my bride; come with me from Lebanon. Depart from the peak of Amana, from the peak of Senir and Hermon, from the dens of lions, from the mountains of leopards.

¹²A garden locked is my sister, my bride, a spring locked, a fountain sealed.

III. Love Draws them Together (v.13-17)

¹³Your shoots are an orchard of pomegranates with all choicest fruits, henna with nard,

¹⁴nard and saffron, calamus and cinnamon, with all trees of frankincense, myrrh, and aloes, with all choice spices—

¹⁵a garden fountain, a well of living water, and flowing streams from Lebanon.

She

¹⁶Awake, O north wind, and come, O south wind! Blow upon my garden, let its spices flow.

¹⁷Let my beloved come to his garden, and eat its choicest fruits.

1 Corinthians 7:4-5

“For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.”

Ephesians 5:31-32

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**.

How does sex relate to Christ and the Church?

A. Jesus delights in her Beauty. (v.1-7; 9-11)

⁹You have captivated my heart, my sister, my bride; you have captivated my heart with **one glance** of your eyes, with **one jewel** of your necklace.

Hebrews 4:16

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

B. Jesus Desires her Protection v. 8 & 12

¹²A garden locked is my sister, my bride, a spring locked, a fountain sealed.

C. Jesus Draws us Together (13-17)

¹⁷Let my beloved come to his garden, and eat its choicest fruits

Study Guide

- What did God speak to you this weekend?

Read Song of Songs 4:1–11

- How could husbands do a better job of delighting in their wives' beauty?
- How could wives do a better job of making space for them to delight in each other?
- How can Christians respond to Jesus' delight in them by making space to delight in Him?

Read Song of Songs 4:8, 12

- How can married couples create a safe (protected) sexual environment?
- How can singles and married folks honor and protect their own sexuality?

Read Song of Songs 4:12–16

- Discuss the idea that lust is self-centered and tends to separate people, while love is others-centered and unifies. What does this kind of love look like in a marriage?
- Since human sexuality is temporary and broken by sin's curse, how can you receive the selfless, giving love of Christ? How does it change us?