

Song of Solomon or Song on Songs

6 topics to cover

- 1 Where you fell in **love** (1:1-1:8)
Learning what true love is
- 2 How to **date** you mate (1:9-3:5)
Honoring you mate while keeping the marriage alive
- 3 Biblical **sex** (3:6-5:1)
What God says about sex
- 4 How to **fight clean** (5:2-6:13)
Fighting but not sinning
- 5 How to **deepen you marriage** (7:1-8-4)
Continuing to honor you mate
- 6 How to **grow old** together (8:5-8:14)
Practical things to stay fit in marriage

About the book

- 1 This is a **3000 year old** document (written 965 BC)
- 2 Not an **allegory**. Very few commentaries that take it **literally**.
- 3 This is **one of 5 poetic books** between 17 historical and 17 prophetic books.
- 4 The book is written like a **dramatic play**.
- 5 **Characters are:**
 - Solomon** (wisest man ever, author of many songs, built the Temple, David's and Bathsheba's son)
 - Shulammite** (common female worker in the land)
 - The Daughters of Jerusalem** (The Chorus off to the side giving commentary. Possible the ladies of Solomon palace)

Lesson #1

Where you feel in Love 1:1-1:8

Song 1:1-8

Solomon's Song of Songs.

Shulammitte to herself

Shulammitte possible reflecting back

²Let him kiss me with the kisses of his mouth--
for your love is more delightful than wine.

³Pleasing is the fragrance of your perfumes;
People wore perfume because of lack of baths.
your name is like perfume poured out.

She esteems him constantly.

No wonder the maidens love you!

He is thought well of by others. A Godly man.

⁴Take me away with you--let us hurry!

Let the king bring me into his chambers.

She builds him up, praises his name and wants to get in bed.

Daughters of Jerusalem to Solomon

We rejoice and delight in you;

we will praise your love more than wine.

How right they are to adore you!

Obviously, others know his character and blessed the relationship.

Shulammitte

⁵Dark am I, yet lovely,

O daughters of Jerusalem,

dark like the tents of Kedar, *(made from black goat hair)*

like the tent curtains of Solomon.

⁶Do not stare at me because I am dark,

because I am darkened by the sun. *(her skin is sunburned or very tan)*

She does not feel pretty or worthy about herself

My mother's sons were angry with me
and made me take care of the vineyards;
my own vineyard (*her body*) I have neglected.

She is not afraid to work and is willing to be submissive to authority

⁷Tell me, you whom I love, where you graze your flock
and where you rest your sheep at midday.

She wants to go be with him.

Why should I be like a veiled woman (*a harlot*)
beside the flocks of your friends?

***Prostitutes would mingle with the shepherds covered up. She won't sell out or use
sex to get love. She will put herself in a position to be seen by him.***

Daughters of Jerusalem

⁸If you do not know, most beautiful of women,
follow the tracks of the sheep
and graze your young goats
by the tents of the shepherds.

Lesson #2

How to date you mate 1:9-3:11

Song 1:9-3:11

Solomon to Shulammitte

I liken you, my darling, (*Hebrew word “Raya”=best friend*) to a mare harnessed to one of the chariots of Pharaoh.

The Pharaoh’s mare was the highest animal in the land. Very well taken care of.

¹⁰Your cheeks are beautiful with earrings,
your neck with strings of jewels.

We should speak to our mates with encouraging tenderness.

Daughters of Jerusalem to Shulammitte

¹¹We will make you earrings of gold,
studded with silver.

Shulammitte

Shulammitte takes the opportunity to build up her husband; as all spouses should.

¹²While the king was at his table,
my perfume spread its fragrance.

¹³My lover is to me a sachet of myrrh
resting between my breasts. (*NASB say resting all night long*)

This is how dear he is to her.

¹⁴My lover is to me a cluster of henna blossoms (*little red tender flower*)
from the vineyards of En Gedi.

She likens him to a tender flower even though he is the most powerful man in the land.

Solomon to Shulammitte

¹⁵How beautiful you are, my darling!
Oh, how beautiful!
Your eyes are doves.

Shulammitte to Solomon

¹⁶How handsome you are, my lover!
Oh, how charming!
And our bed is verdant.

¹⁷The beams of our house are cedars;

our rafters are firs.

Cedars and firs are two very strong woods.

^{2:1} I am a rose of Sharon,

a lily of the valleys.

She once saw herself as ugly and unworthy, but after he esteems her, she now feels beautiful. Your spouse will find esteem from someone, it should be from you.

Solomon to Shulammitte

²Like a lily among thorns

is my darling among the maidens.

He elevates her about all others as a precious, fragile woman.

Shulammitte to Solomon

³Like an apple tree among the trees of the forest

is my lover among the young men.

I delight to sit in his shade,

and his fruit is sweet to my taste. (*he is pleasurable to her*)

She delights to get under his umbrella of protection, safty, warmth and leadership.

⁴He has taken me to the banquet hall,

and his banner over me is love.

His banner is the fact the he publicly honors, respects and cherishes her.

⁵Strengthen me with raisins, (*thought to be an aphrodesiac*)

refresh me with apples,

for I am faint with love.

⁶His left arm is under my head,

and his right arm embraces me. (*this is a sexual position*)

She desires him sexually as a result of his tender encouragement and leadership.

The most sensitive organ to stimulate on a female is her heart and mind.

Solomon to Daughters of Jerusalem

⁷Daughters of Jerusalem, I charge you

by the gazelles and by the does of the field:

Do not arouse or awaken love

until it so desires.

He is a Godly disciplined man and says no to sex until God pleases in a marriage.

Shulammitte to herself

They are going to go on a date!

⁸Listen! My lover!

Look! Here he comes,

leaping across the mountains,
bounding over the hills.

He is coming to get her.

⁹My lover is like a gazelle or a young stag, ***(or a STUD!)***

Look! There he stands behind our wall,
gazing through the windows,
peering through the lattice.

¹⁰My lover spoke and said to me,
"Arise, my darling,
my beautiful one, and come with me.

¹¹See! The winter is past;
the rains are over and gone.

¹²Flowers appear on the earth;
the season of singing has come,
the cooing of doves
is heard in our land.

¹³The fig tree forms its early fruit;
the blossoming vines spread their fragrance.

What time of years is this? Spring time

Arise, come, my darling;
my beautiful one, come with me."

She sees their love as fresh and full of life. We can stay this way in marriage for all ways. The honeymoon does not have to be over.

Solomon to Shulammite

¹⁴My dove in the clefts of the rock,
in the hiding places on the mountainside,
show me your face,
let me hear your voice;
for your voice is sweet,
and your face is lovely.

He is coxing her out of her shell. This will help her feel comfortable with who she is.

A Chorus

¹⁵Catch for us the foxes,
the little foxes
that ruin the vineyards,
our vineyards that are in bloom.

Foxes would get in the vineyards and nibble the buds off of the grapes not allowing them to mature and be fruitful.

He is saying that when sin or temptation (foxes) come your way, you need to stop them so they don't destroy you.

What foxes do you need to catch in you life?

Shulammite to herself

¹⁶My lover is mine and I am his;
he browses among the lilies. (*he is gentle*)
¹⁷Until the day breaks
and the shadows flee, (*until morning*)
turn, my lover,
and be like a gazelle
or like a young stag
on the rugged hills. (*her breast*) (*NASB "Mountain of Bether" = two separate hills*)
She desires him again
^{3:1}All night long on my bed
I looked for the one my heart loves;
I looked for him but did not find him.
²I will get up now and go about the city,
through its streets and squares;
I will search for the one my heart loves.
So I looked for him but did not find him.
³The watchmen found me
as they made their rounds in the city.
"Have you seen the one my heart loves?"
⁴Scarcely had I passed them
when I found the one my heart loves.
I held him and would not let him go
till I had brought him to my mother's house,
to the room of the one who conceived me.
This is a daydream the she is possible having about Solomon.

Solomon to Daughters of Jerusalem

⁵Daughters of Jerusalem, I charge you
by the gazelles and by the does of the field:
Do not arouse or awaken love
until it so desires.
Solomon is a Godly disciplined man who says no to sexual impurity.

Lesson #3

Biblical Sex 3:6-5:1

Song 3:6-5:1

The procession for marriage

Who is this coming up from the desert

like a column of smoke,

perfumed with myrrh and incense

made from all the spices of the merchant?

He is coming to get her and he is all duded up

⁷Look! It is Solomon's carriage,

escorted by sixty warriors,

the noblest of Israel,

⁸all of them wearing the sword,

all experienced in battle,

each with his sword at his side,

prepared for the terrors of the night.

He has sixty grooms men who are the best fighters in the land to protect her.

Do you think she feels safe under his care? I would.

⁹King Solomon made for himself the carriage;

he made it of wood from Lebanon.

¹⁰Its posts he made of silver,

its base of gold.

Its seat was upholstered with purple,

its interior lovingly inlaid

by the daughters of Jerusalem.

This is Solomons Lemo. Nothing but the best for his bride.

¹¹Come out, you daughters of Zion,

and look at King Solomon wearing the crown,

the crown with which his mother crowned him

on the day of his wedding,

the day his heart rejoiced.

His heart rejoices because of the purity of the marriage. He has been a Godly disciplined man.

Sex before a marriage will harm a good relationship or prolong a bad one.

The consummation of the marriage

Solomon to his bride

The couple are at the honeymoon suite and about to make love.

^{4:1} How beautiful you are, my darling!

Oh, how beautiful!

Your eyes behind your veil are doves. (*her veil is on*)

Your hair is like a flock of goats

descending from Mount Gilead. (*her hair is down so we can assume the veil is off*)

From a distance, the goats moving down this mountain in a wave look like her hair.

²Your teeth are like a flock of sheep just shorn,

coming up from the washing. (*very white*)

Each has its twin;

not one of them is alone. (*she has all of her teeth*)

He sees her teeth. You grin on your honeymoon.

³Your lips are like a scarlet ribbon;

your mouth is lovely.

Your temples behind your veil

are like the halves of a pomegranate. (*pomegranate are red. Is she blushing?*)

⁴Your neck is like the tower of David, (*they defended the nation from this tower*)

built with elegance;

on it hang a thousand shields,

all of them shields of warriors. (*she carries herself well*)

⁵Your two breasts are like two fawns,

like twin fawns of a gazelle

that browse among the lilies.

Gazelles are soft and tender and you want

⁶Until the day breaks

and the shadows flee,

I will go to the mountain of myrrh

and to the hill of incense.

He plans to spend all night tenderly touching her body.

⁷All beautiful you are, my darling;

there is no flaw in you.

Solomon has spent a great deal of time encouraging shulammitte. Men must take time to speak and treat our wives tenderly if we want the sex part of our marriages to work. Women must be treated well to desire intimacy. Can I get an amen ladys.

⁸Come with me from Lebanon, my bride,

come with me from Lebanon.

Descend from the crest of Amana,

from the top of Senir, the summit of Hermon, (*huge, intimidating mountain*)

from the lions' dens

and the mountain haunts of the leopards.

He tells her that she is safe with him. He will protect her physically, emotionally and spiritually.

⁹You have stolen my heart, my sister, my bride;

you have stolen my heart

with one glance of your eyes,

with one jewel of your necklace.

¹⁰How delightful is your love, my sister, my bride!

How much more pleasing is your love than wine,

and the fragrance of your perfume than any spice!

¹¹Your lips drop sweetness as the honeycomb, my bride;

milk and honey are under your tongue.

How does he know what it taste like under her tongue?

The Hebrews must of came up with this not the French.

The fragrance of your garments is like that of Lebanon.

¹²You are a garden locked up, my sister, my bride;

you are a spring enclosed, a sealed fountain. (*an oasis*)

A garden refers to her sexuality.

She is a virgin. He has not dishonored her sexually.

¹³Your plants are an orchard of pomegranates

with choice fruits,

with henna and nard,

¹⁴nard and saffron,

calamus and cinnamon,

with every kind of incense tree,

with myrrh and aloes

and all the finest spices.

¹⁵You are a garden fountain,

a well of flowing water

streaming down from Lebanon.

This refers to the amount of moisture that is present.

Shulammitte to Solomon

¹⁶Awake, north wind,

and come, south wind!

Blow on my garden,

that its fragrance may spread abroad.

Let my lover come into his garden

and taste its choice fruits.

Use your wildest imagination and you are probably right.

This is the most erotic verse in the bible and God blesses it.

Solomon to Shulammitte

^{5:1} I have come into my garden, my sister, my bride;

I have gathered my myrrh with my spice.

I have eaten my honeycomb and my honey;

I have drunk my wine and my milk.

Solomon and Shulammitte are now one. She is his and he is hers.

God to the Couple

Eat, O friends, and drink;

drink your fill, O lovers.

God created sex and delights to see marriages partake of it. Sex is not dirty or wrong.

It is the natural offspring of gentle, tender, compassionate love for one another.

Lesson #4

How to fight clean 5.:2-6:13

Song 5:2-6:13

Beloved

I slept but my heart was awake.

Listen! My lover is knocking:

"Open to me, my sister, my darling,
my dove, my flawless one.

My head is drenched with dew,
my hair with the dampness of the night."

³I have taken off my robe--
must I put it on again?

I have washed my feet--
must I soil them again?

⁴My lover thrust his hand through the latch-opening;
my heart began to pound for him.

⁵I arose to open for my lover,
and my hands dripped with myrrh,
my fingers with flowing myrrh,
on the handles of the lock.

⁶I opened for my lover,
but my lover had left; he was gone.
My heart sank at his departure.

I looked for him but did not find him.
I called him but he did not answer.

⁷The watchmen found me
as they made their rounds in the city.
They beat me, they bruised me;
they took away my cloak,
those watchmen of the walls!

⁸O daughters of Jerusalem, I charge you--
if you find my lover,
what will you tell him?
Tell him I am faint with love.

Friends

How is your beloved better than others,
most beautiful of women?

How is your beloved better than others,
that you charge us so?

¹⁰*Beloved*

My lover is radiant and ruddy,
outstanding among ten thousand.

¹¹His head is purest gold;

his hair is wavy
and black as a raven.
¹²His eyes are like doves
by the water streams,
washed in milk,
mounted like jewels.
¹³His cheeks are like beds of spice
yielding perfume.
His lips are like lilies
dripping with myrrh.
¹⁴His arms are rods of gold
set with chrysolite.
His body is like polished ivory
decorated with sapphires.
¹⁵His legs are pillars of marble
set on bases of pure gold.
His appearance is like Lebanon,
choice as its cedars.
¹⁶His mouth is sweetness itself;
he is altogether lovely.
This is my lover, this my friend,
O daughters of Jerusalem.

^{6:1}*Friends*

Where has your lover gone,
most beautiful of women?
Which way did your lover turn,
that we may look for him with you?

²*Beloved*

My lover has gone down to his garden,
to the beds of spices,
to browse in the gardens
and to gather lilies.

³I am my lover's and my lover is mine;
he browses among the lilies.

⁴*Lover*

You are beautiful, my darling, as Tirzah,
lovely as Jerusalem,
majestic as troops with banners.

⁵Turn your eyes from me;
they overwhelm me.

Your hair is like a flock of goats
descending from Gilead.

⁶Your teeth are like a flock of sheep
coming up from the washing.

Each has its twin,
not one of them is alone.

⁷Your temples behind your veil
are like the halves of a pomegranate.

⁸Sixty queens there may be,
and eighty concubines,
and virgins beyond number;

⁹but my dove, my perfect one, is unique,
the only daughter of her mother,
the favorite of the one who bore her.

The maidens saw her and called her blessed;
the queens and concubines praised her.

¹⁰*Friends*

Who is this that appears like the dawn,
fair as the moon, bright as the sun,
majestic as the stars in procession?

¹¹*Lover*

I went down to the grove of nut trees
to look at the new growth in the valley,
to see if the vines had budded
or the pomegranates were in bloom.

¹²Before I realized it,
my desire set me among the royal chariots of my people.

¹³*Friends*

Come back, come back, O Shulammitte;
come back, come back, that we may gaze on you!

Lover

Why would you gaze on the Shulammitte
as on the dance of Mahanaim?

Lesson #5

How to deepen your marriage 7:1-8:4

Solomon to Shulammite

How beautiful you're sandaled feet,

O prince's daughter!

Calls her "prince" royalty

Your graceful legs (*NASB says "hips"*) are like jewels,
the work of a craftsman's hands.

Shulammite probably does not have a perfect body, but Solomon chooses to compliment her.

²Your navel is a rounded goblet

that never lacks blended wine.

Your waist (*NASB says "belly"*) is a mound of wheat
encircled by lilies.

Wine and wheat were two of God's greatest blessings. These are two crops the Jewish people depended on.

³Your breasts are like two fawns,

twins of a gazelle.

Solomon is still tender with her. Remember, what do you want to do to a soft gazelle?

Pet it gently!

⁴Your neck is like an ivory tower.

Your eyes are the pools of Heshbon

by the gate of Bath Rabbim.

An ivory tower was a very expensive majestic object.

The pools of Heshbon were probably like the bathing hot springs of Yellowstone Park. (A refreshing retreat from the real world) Solomon felt this way about her.

Your nose is like the tower of Lebanon

looking toward Damascus.

The tower of Lebanon would protect the nation of Israel by looking for invasion from Seria. He obviously trusts her.

⁵Your head crowns you like Mount Carmel.

Your hair is like royal tapestry;

the king is held captive by its tresses.

Where else have you heard "Mount Carmel"? Waco, David Korish

Mount Carmel is a beautiful 700-ft ridge that the people would admire.

He is held captive by her tresses. He feels submissive or enslaved to her needs.

⁶How beautiful you are and how pleasing,

O love, with your delights! (*NASB say "charms"*)(Hebrew word "*Tanoogonog*"=soft)

⁷Your stature is like that of the palm,
and your breasts like clusters of fruit.

⁸I said, "I will climb the palm tree;
I will take hold of its fruit."

May your breasts be like the clusters of the vine, (*grapes*)
the fragrance of your breath like apples.

There marital sex is full of fruit.

The bedroom is often a barometer of how the marriage is going.

⁹and your mouth like the best wine.

He begins this thought and she finishes it. They are unified emotionally.

Shulammitte to Solomon

May the wine go straight to my lover,
flowing gently over lips and teeth.

¹⁰I belong to my lover,
and his desire (*sexually*) (*Hebrew "Teshak"=consuming*) is for me.

Most women see sex as a bother, but not Shulammitte. She sees a way that she can minister to husband in a way that no other woman can.

¹¹Come, my lover, let us go to the countryside,
let us spend the night in the villages.

¹²Let us go early to the vineyards
to see if the vines have budded,
if their blossoms have opened,
and if the pomegranates are in bloom--
there I will give you my love.

They are still spending time together and keeping the marriage alive. This results in her desiring to give herself to him. Time together = Intimacy

¹³The mandrakes (*assumed aphrodisiac*) send out their fragrance,
and at our door is every delicacy, (*NASB says fruit=sexuality*)

both new and old,
that I have stored up for you, my lover.

She is creative with her sexuality that she wants to give to him.

The Root of a mandrake looks like a penis. This was probably funny to Jewish people. Remember Rachel and Leah fought over Mandrakes for fertility in Gen. 30:14

^{8:1}If only you were to me like a brother,
who was nursed at my mother's breasts!

Then, if I found you outside,
I would kiss you,

and no one would despise me.

It was customary to touch or kiss your brother in public, but not your spouse. She chooses to esteem him.

²I would lead you
and bring you to my mother's house--
she who has taught me.

I would give you spiced wine to drink,
the nectar of my pomegranates.

³His left arm is under my head
and his right arm embraces me.
Sexual position, she still desires him

Solomon to the Daughters of Jerusalem

⁴Daughters of Jerusalem, I charge you:
Do not arouse or awaken love
until it so desires.
Good advise. He knows the advantages of purity.

Lesson #6

How to grow old together 8:5-14

Song 8:5-14

Question

Who is this coming up from the desert
leaning on her lover?

They are walking together with Shulammites head on Solomon's shoulder.

Solomon's Reminiscence

Under the apple tree I roused you;
there your mother conceived you,
there she who was in labor gave you birth.

He remembers when she was born. Their first meeting.

Shulammite to Solomon

⁶Place me like a seal over your heart,
like a seal on your arm;
for love is as strong as death,
its jealousy unyielding as the grave.
It burns like blazing fire,
like a mighty flame.

She wants to be treasured.

⁷Many waters cannot quench love;
rivers cannot wash it away.

If one were to give
all the wealth of his house for love,
it would be utterly scorned.

You can't buy love. No replacement for true love.

The brothers of the Shulammite

⁸We have a young sister,
and her breasts are not yet grown. (*she is young*)

What shall we do for our sister

for the day she is spoken for?

⁹If she is a wall, (*pure, not bending*)

we will build towers of silver on her. (*reward her*)

If she is a door, (*lose, impure*)

we will enclose her with panels of cedar. (*be strict with her, not let her move*)

Shulammite to everyone

¹⁰I am a wall, (*she feels good about her choices*)

and my breasts are like towers.

Thus I have become in his eyes

like one bringing contentment.

¹¹Solomon had a vineyard(*Shulammite*) in Baal Hamon;

he let out his vineyard to tenants. (*her brothers*)

Each was to bring for its fruit

a thousand shekels of silver.

¹²But my own vineyard is mine to give; (*her body to Solomon*)

the thousand shekels are for you, O Solomon,

and two hundred are for those who tend its fruit. (*her brothers*)

Her brothers are rewarded for being strict and disciplining her. Parents, take care of your kids.

Solomon to Shulammite

¹³You who dwell in the gardens

with friends in attendance,

let me hear your voice!

Solomon calls home to hear her voice. Possible wanting her to know he is thinking about her.

Shulammite to Solomon

¹⁴Come away, my lover,

and be like a gazelle

or like a young stag

on the spice-laden mountains. (*her breast*)

Even in old age, they seek to please one another and not just be dull.