



Scriptures

- **SOS 2:8-17**
‘⁸Listen! My beloved! Behold, he is coming, Climbing on the mountains, Leaping on the hills!
⁹My Beloved is like a gazelle or a young stag. Behold, he is standing behind our wall, He is looking through the windows, He is peering through the lattice. ¹⁰My beloved responded and said to me, 'Arise, my darling, my beautiful one, And come along. ¹¹For behold, the winter is past, The rain is over *and* gone. ¹²The flowers have *already* appeared in the land; The time has arrived for pruning *the vines*, And the voice of the turtledove has been heard in our land. ¹³The fig tree has ripened its figs, And the vines in blossom have given forth *their* fragrance. Arise, my darling, my beautiful one, And come along!'" ¹⁴O my dove, in the clefts of the rock, In the secret place of the steep pathway, Let me see your form, Let me hear your voice; For your voice is sweet, And your form is lovely." ¹⁵Catch the foxes for us, The little foxes that are ruining the vineyards, While our vineyards are in blossom." ¹⁶My beloved is mine, and I am his; He pastures *his flock* among the lilies. ¹⁷Until the cool of the day when the shadows flee away, Turn, my beloved, and be like a gazelle Or a young stag on the mountains of Bether."’
- **SOS 3:1**
‘¹On my bed night after night I sought him Whom my soul loves; I sought him but did not find him.’
- **Rev 21:7**
‘⁷He who overcomes will inherit these things, and I will be his God and he will be My son.’
- **Matt 10:39**
‘³⁹He who has found his life will lose it, and he who has lost his life for My sake will find it.’
- **Matt 16:25**
‘²⁵For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it.’
- **Luke 9:24**
‘²⁴For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it. ‘



Main Points

- We must learn how to walk by Jesus Alone
 - This is how we go up the mountain

- When Jesus is calling us up to a higher point, we can trust that he will bring us there
 - Sometimes, things are stripped away in order to bring us to the next level

- The only way to become strong in the Spirit is to fast the things of the flesh!
 - We must get out of our comfort zone in order to do this

- Jesus is looking for the “yes” in our heart
 - We are not perfect, but striving for perfection
 - This means we may slip and Jesus loves us and thinks we are beautiful none the less
 - Direct rebellion or disobedience is what causes a break in fellowship with the Holy Spirit

Discussion Questions

1. Discuss how reading and knowing the Song of Songs can bring you closer to Jesus. Focus on how it can bring you deeper into the intimate dimension of your relationship with Him.

2. What does Jesus mean in Matthew 10:39, Matthew 16:25, and Luke 9:24?

3. Why is it so important for us to overcome the things that cause us to be distracted or fearful from going up the mountain?

4. How can you get out of one of your comfort zones by applying the scripture and teaching from this show?