Scripture

- **Song of Solomon 2:4-5**
  “He has brought me to his banquet hall, and his banner over me is love,”
  Sustain me with raisin cakes, refresh me with apple, because I am lovesick.’

Other Scriptures

- I John 4:18
- 2 Corinthians 12:7-9
- Matthew 10:29
- Ephesians 6:12

Main Points

- Song of Songs is transliterated in Hebrew as Shir HaShirim
- The Song of Songs reveals to us: who God is, who we are to Him, and how He feels about us.
- Are we fully convinced of how much God loves us?
- Often the things God wants to do for us can only be done in difficult times.
- As we persevere, we are being brought into a real love encounter with God.
Questions

1. Was the Shulamite woman convinced of God’s love for her? What did she say that shows this to be true? How about you? Are you convinced of this? Why or why not?

2. What can really believing that God’s love is for you do for you? What do the Scriptures say about love and fear? How are they opposites? How does faith enter this realization?

3. What did Rabbi mean when he said that hard times often are a proof that God loves you—not that He doesn’t? Describe how this impacts your thinking.

4. Times here on earth are not easy. We must keep a balance of thinking about God’s love, with its intense feelings, and also be reminded that we are in a challenging battle. What do you think could help you in keeping this balance?

5. What would be your “raisin cake” of refreshment?