

SONG OF SONGS

a series on:

SEX • ROMANCE • MARRIAGE • LOVE



Parental Advisory Explicit Scriptures
What Should I Do with My Sexual Desire?
Song of Songs 1:2–2:7

If you're married, how often do you have sex?

According to the 2018 General Social Survey's data on about 660 married people who shared details about how often they had sex in the past year:

- 25% had sex once a week
- 16% had sex two to three times per week
- 5% had sex four or more times per week
- 17% had sex once a month
- 19% had sex two to three times per month
- 10% hadn't had sex in the past year
- 7% had sex about once or twice in the past year

Song of Songs 1:2–2:7

2 Let him kiss me with the kisses of his mouth!
For your love is better than wine;

3 your anointing oils are fragrant;
your name is oil poured out;
therefore virgins love you.

4 Draw me after you; let us run.
The king has brought me into his chambers.

We will exult and rejoice in you;
we will extol your love more than wine;
rightly do they love you.

5 I am very dark, but lovely,
O daughters of Jerusalem,
like the tents of Kedar,
like the curtains of Solomon.

6 Do not gaze at me because I am dark,
because the sun has looked upon me.
My mother's sons were angry with me;
they made me keeper of the vineyards,
but my own vineyard I have not kept!

7 Tell me, you whom my soul loves,
where you pasture your flock,
where you make it lie down at noon;
for why should I be like one who veils herself
beside the flocks of your companions?

8 If you do not know,
O most beautiful among women,
follow in the tracks of the flock,
and pasture your young goats
beside the shepherds' tents.

9 I compare you, my love,
to a mare among Pharaoh's chariots.

10 Your cheeks are lovely with ornaments,
your neck with strings of jewels.

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

12 While the king was on his couch,
my nard gave forth its fragrance.

13 My beloved is to me a sachet of myrrh
that lies between my breasts.

14 My beloved is to me a cluster of henna blossoms
in the vineyards of Engedi.

15 Behold, you are beautiful, my love;
behold, you are beautiful;
your eyes are doves.

16 Behold, you are beautiful, my beloved, truly delightful.
Our couch is green;

17 the beams of our house are cedar;
our rafters are pine.

1 I am a rose of Sharon,
a lily of the valleys.

2 As a lily among brambles,
so is my love among the young women.

As an apple tree among the trees of the forest,
so is my beloved among the young men.
With great delight I sat in his shadow,
and his fruit was sweet to my taste.

4 He brought me to the banqueting house,
and his banner over me was love.

5 Sustain me with raisins;
refresh me with apples,
for I am sick with love.

6 His left hand is under my head,
and his right hand embraces me!

7 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.

What should I do with my sexual desire?

Pursue your spouse passionately

- What should passion be like?
 - Sensual
 - “2 Let him kiss me with the kisses of his mouth! For your love is better than wine; 3 your anointing oils are fragrant; your name is oil poured out; therefore virgins love you. 4 Draw me after you; let us run. The king has brought me into his chambers” (Song of Songs 1:2–4).
 - Experience each other
- Mutual
 - “(HE) 15 Behold, you are beautiful, my love; behold, you are beautiful; your eyes are doves. (SHE) 16 Behold, you are beautiful, my beloved, truly delightful (Song of Songs 1:15–16a).
 - Pursue each other
- Emotional
 - Affectionate
 - Supportive
 - “O most beautiful among women” (Song of Songs 1:8a).
 - “Do not gaze at me because I am dark, because the sun has looked upon me. My mother's sons were angry with me; they made me keeper of the vineyards, but my own vineyard I have not kept! (Song of Songs 1:6).
 - “As an apple tree among the trees of the forest, so is my beloved among the young men. With great delight I sat in his shadow, and his fruit was sweet to my taste” (Song of Songs 2:3).
 - Connect with each other.
- Sexual
 - “For your love is better than wine” (Song of Songs 1:2b).
 - “Draw me after you; let us run. The king has brought me into his chambers” (Song of Songs 1:4).
 - “My beloved is to me a sachet of myrrh that lies between my breasts” (Song of Songs 1:13).
 - “His left hand is under my head, and his right hand embraces me!” (Song of Songs 2:6).
 - “Without joyful, loving sex, the friction in marriage will bring about anger, resentment, hardness, and disappointment” (Tim and Kathy Keller, *The Meaning of Marriage*, 235).
 - Enjoy each another

Wait for your spouse patiently

- “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” (Song of Songs 2:7).
- “God’s plan for human romance reserves marriage as the context within which a sexual relationship flourishes” (Eric Ortland, “The Wisdom of Song of Songs,” 505-506).

- What should patience be like?
 - Counter-cultural
 - “The real danger seems to me not that the lovers will idolize each other but that they will idolize Eros himself” (C. S. Lewis, *The Four Loves*, 142).
 - Reserve desire for each other
 - A Struggle
 - Endure the struggle for each other
 - Beneficial
 - “16 Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, “The two will become one flesh.” 17 But he who is joined to the Lord becomes one spirit with him. 18 Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body” (1 Corinthians 6:16–18).
 - Sex is a Uniting Act
 - “Ironically, then, sex outside of marriage eventually works backwards, making you less able to commit and trust another person” (Tim and Kathy Keller, *The Meaning of Marriage*, 227).
 - Wait for the good of each other
 - Spiritual
 - “19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body” (1 Corinthians 6:19–20).
 - Honor the Lord with each other’s bodies
- Have you waited patiently for your spouse?
- Have you pursued passionately your spouse?
- Have you talked with your spouse lately about your sexual desire?

Sexual desire is meant to be passionate in marriage and patient for marriage.