GENEVA MORAVIAN FELLOWSHIP
SPRING BIBLE STUDY SERIES

DATE: 14 OCTOBER, 2026
TOPIC: BODY POSITIVITY
TEXT: Song 4: 1-7

SERIES TOPIC: LOVE AND DESIRE: STUDY IN THE SONGS OF SOLOMON

DATE: 2 SEPTEMBER- 2 DECEMBER 19h30/7:30(Swiss) 1:30 (EST/AST)

ZOOM: Meeting ID: 711 795 2607 Passcode: 891206

GUIDING TEXT: *I belong to my beloved, and his desire is for me. Solomon 7:10.*

OBJECTIVE: To build relationships with God and others on love and desire.

BACKDROP:

The apostle Paul, in his writings, connected the covenant relationship with husband and wife with that of Christ and the Church. This relationship is grounded in committed love and pure desire.

In Ephesians 5:25-32, husbands were commanded to love their wives even as Christ loved the Church. Paul told the believers that Christ loved the Church and gave himself for her. Further, in 2 Corinthians 11:2, Paul reminded the believers that, like a bride, they should keep themselves pure for Christ, the husband.

The comparison between the marital relationship and the relationship with God is not new. It is found in the Song of Songs in the most sensual language found in the Bible.

In this series, we examine the poems found in the Song of Songs. We will be reminded of the beauty of God's love for us, His children. This love has been hijacked in a world where there is so much hatred and deceit. We will learn to value our sensual desires and to seek God's guidance in our human relationships. We will understand that love is powerful and is still worth celebrating.

- SUMMARY OF LESSONS

- **LESSON 1: LOVE IS SWEETER THAN WINE, SONG 1:1-4**

✓ The Song of Songs is a poetic book written by King Solomon.

- ✓ It is centred around a romance between King Solomon and a peasant woman.
- ✓ They met in one of Solomon's vineyards in Northern Israel.
- ✓ The first scene is set on the Wedding Day.
- ✓ There were Kisses, Fragrance and the Bedroom.
- ✓ These wedding experiences reflect the close, intimate and warmth between married couples.
- ✓ They are also a reminder of the kind of relationship God desires with us- trusted.
- ✓ The love between Solomon and his wife was better than the wine.
- ✓ Wines biblically represented joy, celebration, wealth and communion.
- ✓ Our love for each other outlast the temporary feelings of wine.
- ✓ The love of God for us is eternal and infinite.

- **LESSON 2 BEAUTY THE EYE OF THE BEHOLDER SONG 1:5-11**

- ✓ The young woman expresses her insecurity about the darkness of her skin.
- ✓ She was dark like the tents of Kedar and the Curtains of Solomon- her shade was dark and royal.
- ✓ She was forced to work in the sun by her brothers and could not care for herself.
- ✓ However, Solomon described her as a most beautiful woman.
- ✓ The young woman took initiative and asked Solomon where he was going to spend the night with his flock. She wanted to be with him.
- ✓ Solomon gave the young woman his location.
- ✓ Solomon described her as physically attractive. Her beauty was enhanced bs outward adornments.

- **LESSON 3 LOVE IN ITS PROPER TIME SONG 1: 13-17; 2.1-7**

- ✓ Solomon and the young woman spoke their language of love. 'Beloved' and 'Darling' were used as expressions of intimacy, affection, closeness and trust.
- ✓ In our relationships and cultures we have our own words to express our love and affection for one another.
- ✓ We are also encouraged to express our closeness to God in our language of love.
- ✓ Flowers are fruits were images used to describe how they themselves and each other. She sees herself as an ordainary Rose of Sharon and he sees her as a lily among the thorns. She perceives him as the apple tree among the trees.
- ✓ These words express uniqueness, security, fertility, nourishment, connection.
- ✓ We are to see ourselves as made in God's image. We are God's flowers.
- ✓ God is the tree that provides safety and shelter for us.
- ✓ With her awakened love she had much desire. She therefore counselled others to not arouse love until the right time.
- ✓ God wants to awaken His love in us.

- **LESSON 4 CATCH THE LITTLE FOXES 2:8-17**

✓ The relationship between King Solomon and the Young Woman was deepening in commitment
✓ Having been in the winter, the young woman was pursued by the gazelle to come into the spring of life. God searches for us to come in life.
✓ As the relationship was in the time of blossoming, they were cautioned to watch the little foxes that can ruin their relationship.
✓ Foxes present a contradiction between vigilance and care, hospitable and dangerous.
✓ We have to guard against the things that bring destruction.
✓ The Young Woman laid claim to Solomon. We have to remember that we belong to God.

- **LESSON 5 WHEN LOVE FEELS DISTANT 3:1-5**

✓ The Young woman may have been daydreaming or imagining what it feels like to be separated from the one she loves.
✓ While in the bed of love, she was alone and longed for her beloved. She could not find him. She decided to get up and look to search for him.
✓ When we feel alone in life, we are to seek God. He is always near.
✓ Although she asked for help from the watchmen, she found the one she love by herself.
✓ When she found him, she would not let him go.
✓ The one our hearts most long for is God. We find God by ourselves. When we do, should guard and keep God in our hearts and in our lives. Like Jacob we should not let go.

- **LESSON 6: THE JOY OF THE WEDDING DAY 3:6-11**

✓ This poem describes the wedding procession.
✓ The bridegroom, King Solomon, emerges as a mysterious person from the desert.
✓ He was hidden by the cloud of smoke that was the fragrance of myrrh and incense used in worship, burial etc.
✓ Solomon was in a carriage, a couch, used to attend celebrations.
✓ He was escorted by his war soldiers as a point of protection of and seemed prepared for the threats.
✓ It's important to surround ourselves with those that give us support
✓ While the outward structure of the carriage was important and reflected royalty etc, the inward part was laden with love.
✓ Our relationship with God is about being ready for the bridegroom, it is know that we have spiritual support and that it is rooted in love.

- TODAY'S READING Song 4:1-7

How beautiful you are, my darling! Oh, how beautiful! Your eyes behind your veil are doves. Your hair is like a flock of goats descending from the hills of Gilead.

2 Your teeth are like a flock of sheep just shorn, coming up from the washing.
Each has its twin; not one of them is alone. 3 Your lips are like a scarlet ribbon; your mouth is lovely. Your temples behind your veil are like the halves of a pomegranate.
4 Your neck is like the tower of David, built with courses of stone; on it hang a thousand shields, all of them shields of warriors.
5 Your breasts are like two fawns, like twin fawns of a gazelle
that browse among the lilies. 6 Until the day breaks and the shadows flee, I will go to the mountain of myrrh and to the hill of incense.
7 You are altogether beautiful, my darling; there is no flaw in you.

- LEADING INTO THE TEXT

  https://youtu.be/Q9C2i_Z2ETA?si=ijmrgCcEU9TxSo6a (1.16)

Question: Is beauty based on an occasion, i.e wedding, special event, or is it a daily expression of who we are?

- UNPACKING THE TEXT

In this poem we are hearing private expressions of love and admiration.

- FACIAL ATTRIBUTES vs 1-3

How beautiful you are, my darling! Oh, how beautiful!
Your eyes behind your veil are doves. Your hair is like a flock of goats descending from the hills of Gilead. 2 Your teeth are like a flock of sheep just shorn, coming up from the washing. Each has its twin; not one of them is alone. 3 Your lips are like a scarlet ribbon; your mouth is lovely. Your temples behind your veil are like the halves of a pomegranate.



Depending on your cultural background, some of this imagery may or may not make sense for us.

- ✓ Eyes- dove- peaceful
- ✓ Hair-goats-graceful
- ✓ Teeth-sheep-healthy
- ✓ Lips-scarlot ribbon-attractive
- ✓ Temple-pomegrante- delicious

Question: Do we speak of facial features in a positive way?

Scriptural references

Psalm 67: 1-2

May God be gracious to us and bless us and make his face shine on us
[2] so that your ways may be known on earth, your salvation among all nations.

I Chronicles 7:14

[14] if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 Corinthians 3:18

18 And we all, who with unveiled faces contemplate[a] the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

- BODY ATTRIBUTES vss 4-5

4 Your neck is like the tower of David, built with courses of stone; on it hang a thousand shields, all of them shields of warriors. 5 Your breasts are like two fawns, like twin fawns of a gazelle that browse among the lilies.



- ✓ Neck-tower- Majesty, strength, dignity
- ✓ Breast- Fawns(young deer)- Tenderness, affection, intimacy.

Question: What is the language we would use today to speak of the body?

Scriptural references:

Psalm 139: 13-14

For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

I Corinthians 6:19-20

19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.

Romans 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

- **ALTOGETHER BEAUTIFUL vs 6-7**

Until the day breaks and the shadows flee, I will go to the mountain of myrrh and to the hill of incense. 7 You are altogether beautiful, my darling; there is no flaw in you.

In anticipation of spending time together, the poem speaks of infinite beauty.

The Song: Here I am to Worship.

Here I am to worship, here I am to bow down
Here I am to say that You're my God
Altogether lovely, altogether worthy
Altogether wonderful to me

Question: Would we describe ourselves as altogether beautiful?
It is not we are perfect, but God sees the beauty of his creation in us.

Scriptural References
Psalm 139: 15-18

My frame was not hidden from you when I was made in the secret place,
when I was woven together in the depths of the earth.
16 Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
17 How precious to me are your thoughts,[a] God!
How vast is the sum of them!
18 Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

Deuteronomy 32:4

He is the Rock, his works are perfect,
and all his ways are just.
A faithful God who does no wrong,
upright and just is he.

Question: How do you believe God sees you?
Claim the promises of God that you are without flaw if you live in him.

- SUMMARY OF LESSON
- ANNOUNCEMENTS
- CLOSING PRAYER

We continue next week on the topic: Love is Life-giving.

This Sunday next service will be **18 October, 15h** Joint Worship and Communion with Paroisse du Petit Saconnex. All are welcome.

We are excited to inform you that Bishop Michael Johnson and his wife Sis Carole will extend a pastoral visit with us in Geneva in December. He will be the speaker for our 7th anniversary.

SCHEDULE

DATE	TOPIC	SCRIPTURE READING
14 October	**Body Positivity**	Songs 4: 1-7
21 October	**Love is Life-Giving**	Songs 4:8-16
28 October	**NO CLASS**	**NO CLASS**
4 November	**Lover and Friend**	Songs 5: 1-16
11 November	**The heart chooses**	Songs 6:1-10
18 November	**Undefiled Bed**	Songs 6: 11- 7: 1-9
25 November	**Mutual Desire**	Songs 7: 10-8:4
2 December	**Nothing can Quench Love**	Songs 8:5-14

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