

## **Ferndale – Church Winter Night Shelter (1)**

1. The season for us has just ended
2. The overall program ends Tuesday
3. And it is still winter
4. Been running every night for 16 weeks
5. One church for each night of the week
6. Huge commitment with many challenges

## **Ferndale – Church Winter Night Shelter (2)**

1. Partnering with the Council and HARP
2. 7pm – 7am – evening meal, accommodation, breakfast
3. Up to 20 plus guests each night
4. Wide variety of backgrounds and needs – but all are homeless
5. Showing Christian hospitality combined with tough love
6. Significant bridges built

# **Ferndale – Church Winter Night Shelter (3)**

## **Praise**

- For keeping us safe and for peaceful and productive sessions
- For the magnificent volunteer help, including that of Chandi, Jolly, Tet, Priscilla, Harriet, Roselle, Liz
- For being able to serve and help a good many of our guests

## **Prayer**

- For our guests, especially those now facing life on the streets
- For the ongoing needs around serving the homeless
- For the future of the CWNS program

# Meditating in the Song of Solomon



John 13:34

"A new commandment I  
give you: Love one another.  
As I have loved you, so you  
must love one another."

JOHN JEWELL PENSTONE (1817-1902)  
Member of the Plymouth Brethren  
PRE-RAPHAELITE (founded 1848)  
"Love is Strong as Death"

# What is meditation


Meditation can be defined as a practice where an individual focuses their mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state.

Christian meditation is a form of prayer in which a structured attempt is made to become aware of and reflect upon the revelations of God... the process of deliberately focusing on specific thoughts (such as a bible passage) and reflecting on their meaning in the context of the love of God.

*- Wikipedia*

# Spurgeon on meditation

“It is well to meditate upon the things of God, because we thus get the real nutriment out of them. A man who hears many sermons, is not necessarily well-instructed in the faith. We may read so many religious books, that we overload our brains, and they may be unable to work under the weight of the great mass of paper and of printer's ink. The man who reads but one book, and that book his Bible, and then meditates much upon it, will be a better scholar in Christ's school than he who merely reads hundreds of books, and meditates not at all.”



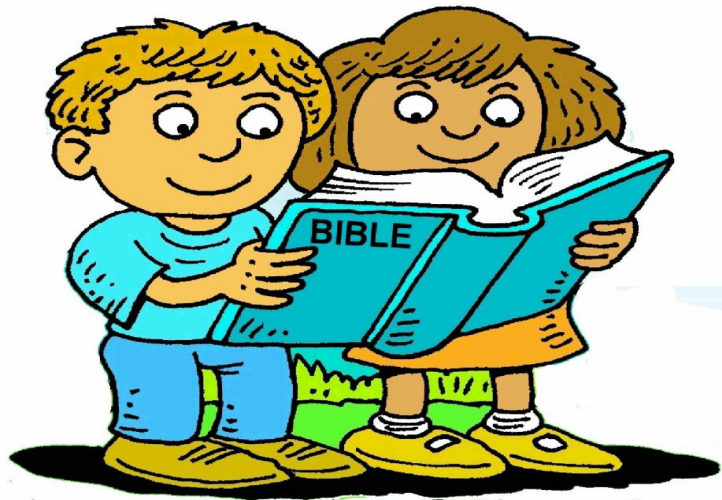
*One thing I ask of the LORD, this is what I seek;  
that I may dwell in the house of the LORD  
all the days of my life, to gaze upon the beauty  
of the LORD and to seek him in his temple.*

*Psalm 27:4*



# The best book to read is the Bible

The best book to read is the Bible  
The best book to read is the Bible  
If you read it every day  
It will help you on your way  
The best book to read is the Bible





# What I would like to do

1. Check out the Bible teaching on meditation
2. Introduce the Song of Solomon
3. Select verses from the Song to meditate upon

# What the Bible says (1)

“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.” Joshua 1:8

# What the Bible says (2)

Psalm 1:2: But his delight is in the law of the Lord; and in his law doth he meditate day and night.

Psalm 19:14: Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.

Psalm 77:12: I will meditate also of all thy work, and talk of thy doings.

Psalm 104:34: My meditation of him shall be sweet: I will be glad in the Lord.

Psalm 119:15: I will meditate in thy precepts, and have respect unto thy ways.

# Introducing the Song of Solomon (1)



# Introducing the Song of Solomon (2)

1. Two main characters – the lover and his beloved and then there is the chorus ...
2. Central theme – it is all about love
3. Two main interpretation models
  - allegorical
  - literal

*“The world was never as worthy as on the day that the Song of Songs was given to Israel, for all the Writings are holy, whereas the Song of Songs is the holiest of the holy...” - Rabbi Akiba*



The image shows a rectangular section of aged, yellowed parchment or paper. The text "SONG OF SOLOMON" is printed in a dark, serif font, centered horizontally. The paper has a mottled texture with some darker spots and a slightly irregular edge.

# SONG OF SOLOMON

The Puritan John Dod wrote that this book is ‘so full of heavenly treasure, and such lively expressions of the invaluable riches of the love of Christ’ that it kindles ‘in the heart all heavenly affections unto Jesus Christ’.

It brought the Covenanters great comfort and sustained the spirits of those men and women who were hunted like animals throughout the mountains and glens of Europe.

# Meditations from the Song of Solomon

- Eight chapters
- Eight point sermon
- Eight verses (one from each chapter)



# Chapter One

**1 The song of songs, which is Solomon's.**

**2 Let him kiss me with the kisses of his mouth: for thy love is better than wine.**

## Chapter Two

3 As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste.

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

5 Stay me with flagons, comfort me with apples: for I am sick of love.

# Chapter Three

**1 By night on my bed I sought him whom my soul loveth: I sought him, but I found him not.**

2 I will rise now, and go about the city in the streets, and in the broad ways I will seek him whom my soul loveth: I sought him, but I found him not.

3 The watchmen that go about the city found me: to whom I said, Saw ye him whom my soul loveth?

# Chapter Four

12 A garden inclosed is my sister, my spouse; a spring shut up, a fountain sealed.

13 Thy plants are an orchard of pomegranates, with pleasant fruits; camphire, with spikenard,

14 Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices:

15 A fountain of gardens, a well of living waters, and streams from Lebanon.

**16 Awake, O north wind; and come, thou south; blow upon my garden, that the spices thereof may flow out. Let my beloved come into his garden, and eat his pleasant fruits.**

# Chapter Five

9 What is thy beloved more than another beloved, O thou fairest among women? what is thy beloved more than another beloved, that thou dost so charge us?

**10 My beloved is white and ruddy, the chiefest among ten thousand.**

...

16 His mouth is most sweet: yea, he is altogether lovely. This is my beloved, and this is my friend, O daughters of Jerusalem.

# Chapter Six

4 Thou art beautiful, O my love, as Tirzah, comely as Jerusalem, terrible as an army with banners.

**5 Turn away thine eyes from me, for they have overcome me: thy hair is as a flock of goats that appear from Gilead.**

6 Thy teeth are as a flock of sheep which go up from the washing, whereof every one beareth twins, and there is not one barren among them.

# Chapter Seven

**10 I am my beloved's, and his desire is toward me.**

My beloved is mine, and I am his: he feedeth among the lilies.  
(2:16)

I am my beloved's, and my beloved is mine: he feedeth among  
the lilies. (6:3)



# Chapter Eight

6 Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame.

**7 Many waters cannot quench love, neither can the floods drown it: if a man would give all the substance of his house for love, it would utterly be contemned.**



SONG OF SOLOMON 8:7

**MANY WATERS CANNOT QUENCH LOVE**

*neither can the floods drown it*

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