

# Love Is In the Air

*Song of Solomon 2:15*

*Once upon the time series*

**ICEBREAKER:** Describe yourself using an animal.

**Aim of discussion:** to help people to identify the little foxes that are blocking their relationships with God.

## Introduction:

- Foxes are really tiny – not strong nor dangerous only 2kg but they are pesky animals that can cause great damage and they are nocturnal
- The little foxes in our lives love to hide in our messy places, in our darkness
- As sly as a fox – this idiom means to be deceptive and manipulative.  
Foxy are very clever and skilful in that way
- Red foxes are responsible for over 200 million environmental impacts a year
- John 15 – I am the vine and you are the branches. The foxes come to chew, destabilize and make the vine wither and eventually the harvest and fruitfulness will dry up
- We need to be careful of those foxes in our lives.
- Foxes are born blind and by 3 months they are fully grown. That's why song of Solomon says catch them when they are small
- 2 Cor 2:11 - Satan is like foxes

## 3 little foxes in our lives

### 1. *Insecurity*

- In King Saul, the little fox of insecurity cost him his kingdom and his life; he chose to listen to men rather than God. He was full of jealousy, full of envy.
- Comparison leads to despair

### 2. *Discouragement*

- Peter Jenkins “A walk across America” walked 5000 miles across America, carrying a 25/30kg bag. He went through so many challenges and when he was interviewed, they asked: “what was the closest thing that made you want to give up?” He said, “what almost defeated me over and over again was the sand in my shoes.” The little tiny things that wore him down. You’d expect it to be the big thing but those little things, words of discouragement and criticism can break you down.

### 3. *The little fox of compromise*

- Yeast often represents sin - only a small amount is needed to cause bread to double in size.
- We need the oil of intimacy in our lamp as we wait for the bridegroom

#### QUESTION:

1. Which one of the foxes speaks to you the most? And why?
2. The Bible says, “as a man thinks in his heart, so he is.” This means whatever you are thinking about is going to eventually show up in your action. What are some key changes I need to make to keep the foxes away?
3. In 2 – 3 short sentences, summarise your take-home lesson

#### Things you can do:

1. Identify an area that you struggle in; an area where you see your flesh has a habit of winning the battle. Choose a close friend and ask them to

hold you accountable in this area; especially over the next week or two. Keep this area before the Lord during this time as well and evaluate after one or two weeks. Do you see any changes?

*“One’s philosophy is not best expressed in words; it is expressed in the choices one make.....In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility” – Eleanor Roosevelt*