

WHAT TO DO

When You Don't Know What To Do

It's OK to Not be Ok

May 10, 2020

OPENING PRAYER:

God of Life, we come with questions, pain, and anger. Sometimes, like Naomi, we worry you are punishing us. As we read and reflect on this story, open our minds and hearts so we might learn to see the grace and love you have woven into our own story. Amen.

Our human compassion binds us to one another - not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future. Nelson Mandela

BREAKING THE ICE:

What do you usually do when you are faced with a difficult situation in life? What activities help calm you when you feel stressed?

WRESTLING WITH THE WORD:

Read Ruth 1:11-21

- What characters in this story (Ruth, Naomi, the women of the town) do you relate to most? Why?
- How did Ruth react to Naomi's pain and bitterness?
- How would you feel in this situation if you were Ruth?
- Have you ever been suffering with an issue and someone told you it was God's will? How did their comment make you feel?
- What does this passage teach you about changing your life?

NEXT STEPS:

- Consider a time when you were in as much pain as Naomi when she returned to Bethlehem? What or who helped you during that difficult time? How does God want to use that experience in your life?
- What are some ways you could be supportive of a person you know is struggling with a difficult situation right now in their life?
- Identify someone who has been "a Ruth" in your life. How is God calling you be "a Ruth" for someone else?

PRAYER FOR THE WEEK:

God of love, we are grateful that you are bigger than our anger and bitterness. Help us see the people of hope in our lives. Teach us to care for and understand our anger instead of hiding it. Help us, through your Spirit, to wash away our pain so we might better see the image of you that is at the heart of who we are as your beloved children. In Jesus' name we pray, Amen.