

the book of  
**ruth**



Week of November 5, 2023

# God Will Be With You Through Pain (Ruth 1)

Speaker: Pastor Mike Burnette



## ICEBREAKER

If you could live anywhere in the world for a year, where would it be?

### Introduction

- How do you respond to pain in life? Fight, flight, or freeze? Why?
- Recall the last time you faced pain or a serious trial. What were some of the biggest questions you had?

### Sometimes Life is Really Painful (v. 1-5)

- If someone asked you, "Why does God allow bad things to happen to good people?" How would you respond?
- Do you recognize things that have led you to your own pain? What guardrails do you have in place, or need to put into place, to keep you from being hurt again?
- Life can be really hard sometimes. Sometimes we just don't get to know the "Why". Is there a "Why" that you are struggling with because you don't have the answers? How have you been dealing with that?

### Pain Pushes Us in Many Ways (v. 6-18)

- What are the things you run to during grief or loss?
- Do you push people away during a hard time or run to something/someone familiar? Explain.
- Have you ever experienced a loss or tragedy that caused you to move away from God? What drew you back? Or is this something you're still working through?



## We Need Each Other When It's Really Hard (v. 19-22)

- Who are your go-to people for sound advice and wisdom during loss/grief/crisis? Do these people build you up or just tell you what you want to hear? What's the difference?
- Is it natural for you to hide from people when you are going through something hard? What is the reason for this?
- Share a time where someone/people rushed into your life to help you deal with pain. What did that show you? What did you learn from that?

## God is NOT Absent in Your Pain (v.22)

- God directed Naomi home during the time of harvest so He could provide for her. Have you ever allowed your pain to lead you away from a harvest that God was leading you to?
- What keeps you from clinging to the Lord in hard times?
- Share a time where you were able to see God working, even though you were in pain. Or maybe you're in that season now. Can you see His Hand?



# ACT ON IT



## ENCOURAGE

Pain is a part of living in a broken world. It's inevitable, and we have to decide how we're going to respond to it. Are we going to run, give up, or fight? It's easy to forget when the going gets tough, but remember, we are overcomers in Christ! Just because we have to walk through painful times doesn't mean that pain gets to win over us. Naomi allowed her circumstances to make her bitter, but that didn't stop God from continuing to provide for her and Ruth. And He will do the same for us, through His Church, His people, and His Hand. So don't let your pain push people away or push God away. God is never absent from us, especially in our time of need. So when we don't know who or what to trust, we can trust that even when we don't see or feel it, God is working to provide for us. Always.



## ASK

Spend some time this week asking God to reveal pain that you may be holding onto and people you have pushed away because of that pain. Have you allowed this pain to limit you? Has this pain affected other areas of your life? What would it look like for others to help you out? How have you allowed God to restore you from your pain? How can you use your pain to help others? Who needs you to be a Ruth for them right now?



## CHALLENGE

Share a recent pain or a pain you've been holding on to with someone in your small group or someone you trust to point you back to Jesus this week. Ask them to pray with and for you about this. Is there someone else you need to seek out for help with this? We have an entire Care Team ready and waiting to connect with you 1-on-1 at [lifepointchurch.tv/care](http://lifepointchurch.tv/care).

# Prayer

God, we thank You for this story of Naomi and Ruth so far in Chapter 1. Thank You for teaching us things about You and for showing us more of who You are. Thank You for not abandoning us in our time of need. Thank You for continuing to provide for us, even when we don't see it. Thank You for seeing us and hearing us. Help us trust in You, that You will continue to provide and direct us through difficult times. Help us not to push people away when we're hurting, but to embrace them as the gift from You that they are. And move us to rush into the lives of others and help them in their time of need. We want to be like Ruth, clinging to those who are hurting while bringing support, prayer, encouragement, and healing as needed. Thank You for intervening for us and loving us well when we don't have the strength to love ourselves. Keep our hearts soft, remove bitterness from our hearts, and surround us with those You have placed in our lives to help Your will be done. Amen.