

Grief to Gratitude

Ruth 1:1-22

May 10, 2020

WARM-UP QUESTIONS:

1. If you had to use a weather metaphor to describe how you are doing now that we have been “Safer at Home” almost two months, what comes to mind? (I.e. sunny and calm, cloudy with blustery winds, hot and uncomfortable).
2. When you think of the word, “blessing”, how have you experienced this in the past few months? How did you receive them?

REFLECTION QUESTIONS:

1. Take time to read through the book of Ruth and imagine the different episodes in Naomi and Ruth’s life. What did they need to grieve during these times?
2. Author Jan Richardson says “A blessing meets us in the place of our deepest loss. In that place, it offers us a glimpse of wholeness and claims that wholeness here and now. A blessing helps us to keep breathing - to abide this moment, and the next moment, and the one after that.” How is her thought reflected in Naomi’s blessing to Ruth and Orpah? How were their responses significant?
3. Can receiving blessing change the way we see things and act?

APPLICATION QUESTIONS:

1. Asking to receive blessing from God is not only normal, but also a healthy part of our relationship with God. Take some time to ask for God’s blessing in your life today. Do so for those you love.
2. If you are in a place to think about this, take some time to consider who else you may be able to bless this coming week.