



## CHALLENGE

Last session we asked you to try and remember a Bible verse. See who can remember it.

**But Jacob replied, “I will not let you go unless you bless me. *Genesis 32:26b***



## EXPLORATION

What does the story of Jacob wrestling with God have to do with us today?

Click [here](#) to watch!



## VERSE

### Ruth 1:1-22

In the days when the judges ruled, there was a famine in the land. So a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab. The man's name was Elimelek, his wife's name was Naomi, and the names of his two sons were Mahlon and Kilion. They were Ephrathites from Bethlehem, Judah. And they went to Moab and lived there.

Now Elimelek, Naomi's husband, died, and she was left with her two sons. They married Moabite women, one named Orpah and the other Ruth. After they had lived there about ten years, both Mahlon and Kilion also died, and Naomi was left without her two sons and her husband.

When Naomi heard in Moab that the Lord had come to the aid of his people by providing food for them, she and her daughters-in-law prepared to return home from there. With her two daughters-in-law she left the place where she had been living and set out on the road that would take them back to the land of Judah.

Then Naomi said to her two daughters-in-law, “Go back, each of you, to your mother's home. May the Lord show you kindness, as you have shown kindness to your dead husbands and to me. May the Lord grant that each of you will find rest in the home of another husband.”

Then she kissed them goodbye and they wept aloud and said to her, “We will go back with you to your people.”

But Naomi said, “Return home, my daughters. Why would you come with me? Am I going to have any more sons, who could become your husbands? Return home, my daughters; I am too old to have another husband. Even if I thought there was still hope for me—even if I had a husband tonight and then gave birth to sons— would you wait until they grew up? Would you remain unmarried for them? No, my daughters. It is more bitter for me than for you, because the Lord's hand has turned against me!”

At this they wept aloud again. Then Orpah kissed her mother-in-law goodbye, but Ruth clung to her. “Look,” said Naomi, “your sister-in-law is going back to her people and her gods. Go back with her.”

But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me.” When Naomi realized that Ruth was determined to go with her, she stopped urging her. So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, “Can this be Naomi?” “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter. I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.” So Naomi returned from Moab accompanied by Ruth the Moabite, her daughter-in-law, arriving in Bethlehem as the barley harvest was beginning.



## MAIN THOUGHT

**Even in the midst of dark, difficult, and chaotic times, God is with us; working behind the scenes in the lives of his people to bring redemption, blessing and joy.**



## DISCUSSION

*These are to guide the general conversation.*

1. What is a famine?
2. What does your name mean?
3. Have you ever moved house or town? How did it make you feel?
4. Who is your best friend? Why are they your best friend?



## ACTIVITIES

### CRAFT ACTIVITY

#### RUTH REMAINS WITH NAOMI

*It was a big decision for Ruth to leave her family and travel to another land with Naomi, but she felt it was the right thing to do because she loved and cared for Naomi.*

*You will Need:*

- Coloured card and paper
- scissors
- glue
- textas/pencils/crayons



Trace around your hands, or perhaps you might like to trace around yours and a friend or family members. Cut them out. Next take some coloured paper and create “sleeves” for a shirt. You can make them any pattern or colour you like. You will need 2. Next draw and cut out a love heart. Stick your hands on the paper, linking fingers like the hands are holding onto each other. Now glue your sleeves on top and finally glue the love heart in the middle.

## ACTIVE ACTIVITY

### RUTH'S HOT CHOCOLATE

*Sometimes bad things happen and they make our lives bitter, like cocoa. But when we trust God he can turn our bitterness into blessings, like delicious hot chocolate.*



You will Need:

- 1 Tbsp Cocoa powder
- 1 Tbsp sugar
- 2 Tbsp milk or cream
- $\frac{3}{4}$  cup milk
- Pinch of salt

Heat milk on stove in a small saucepan or in microwave for 1 minute. In your mug, make a paste with the cocoa powder, sugar, salt and 2 Tbsp milk or cream. Pour the heated milk onto chocolate paste. Stir will to combine. You can always add marshmallows for an extra special treat



## PRAYER

**Jesus, we ask that you help us in the bitter places in our lives. The places where we are unhappy, lost or confused. We trust in your promise to turn our bitterness to blessing. Help us to remain close to you, listen for your guiding voice, and have the courage to do what you ask of us. Amen.**



## BLESSING

**[Name], God has, and is blessing you. Amen**



## CHALLENGE

Try and remember this verse this week. Perhaps you and your family might like to make up some actions to help, or even a song? It's a big one this week!!

**Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God."  
*Ruth 1:16***

## COMMUNITY CONNECTION

**We would love to see how you and your family are growing faith in your home.**

Why not set up a mini 'Table' for the kids like we have been using at LifeWay? It can be as simple as paper and pencils, scissors and glue and Lego or Play dough. They can then make something while you watch the Live Stream as a family.

If you are happy to share photos or videos of what you have been doing please send them to Elise von Stanke [elise\\_vonstanke@lifeway.net.au](mailto:elise_vonstanke@lifeway.net.au) and we will share these with our community through Facebook and Instagram @lifewaylutheranchurch.