

WEEK 1 | ONE HEART

Date: March 9, 2025

Verses: Ruth 1



SERIES INSIGHT

In this new series, ***One Heart***, we are looking at the Book of Ruth and the rhythms and the challenges of the heart. About seasons of promise and let down, worry and grief, uncertainty and commitment, blessing and encouragement.

ICEBREAKER

- If you could travel anywhere and money is not a barrier, where would you go?
- You're in a situation where you *must* sing a karaoke song - what's your go-to?

DISCUSSION QUESTIONS

1. **Review the Message.** Looking back at your notes and upon reflecting on this weekend's message, what was your one takeaway from Sunday?
2. Naomi experienced deep loss and bitterness after losing her husband and sons. How do you typically respond to difficult seasons in your life?
3. What can we learn from Naomi about honestly expressing grief while still moving forward?
4. Ruth chose to stay with Naomi, even when it meant leaving behind her homeland and embracing uncertainty (Ruth 1:16-17). What does true commitment look like in your relationships (family, friends, church)?
5. How can we demonstrate Christ-like loyalty in our daily lives?
6. Naomi believed that God had made her life bitter (Ruth 1:20-21). Have you ever felt that God was against you? How did you work through that doubt?
7. What are some practical ways to trust God when your future is uncertain?
8. Ruth became a source of encouragement and hope to Naomi. Who has been a "Ruth" in your life—someone who has stood by you in a tough season?
9. How can you intentionally be a "Ruth" to someone else this week?

PRAYER

Share requests and celebrate praise reports. Take time for your group to pray for however long is needed.

PRAYER FOR THE YEAR

King Jesus,

We pray for an outpouring for the presence of God in: our heart, our home, our church, our city.

That may result in an awakening that leads to transformation of: our heart, our home, our church, our city.



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