Seeking God in Your Sorrows

November 15, 2026

“Don’t let a sad season lead to a bad decision.”

1. Seek in your GRIEF.

Ruth 1:20,21 - “‘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.’”

Exodus 15:23 - “When they came to Marah, they could not drink its water because it was bitter. That is why the place is called Marah.”

2. Seek for the GOOD.

Ruth 2:2,3 - “Ruth the Moabite said to Naomi, ‘Please let me go to the fields and pick up the leftover grain behind anyone in whose eyes I find favor.’ Naomi said to her, ‘Go ahead, my daughter.’ So she went out, entered a field and began to glean behind the harvesters. As it turned out, she was working in the field belonging to Boaz, who was from the clan of Elimelek.”

3. Seek GOD.

Ruth 2:7,8 - “She said, ‘Please let me glean and gather among the sheaves.’ Behind the harvesters, she came into the field and has remained here from morning until now... So Boaz said to Ruth, ‘My daughter, listen to me, don’t do and glean in another field, and don’t go away from here. Stay here with the women who work for me.’”

Matthew 7:8 - “Ask, and it will be given to you; seek, and you will find; knock and the door will be opened.

“Focus on what God has left for you over what you have lost.”