

LIFE GROUPS

DISCUSSION QUESTIONS

1. Share a time when you were so exhausted you thought you could not go on (a game, a race, work, a long trip, writing a paper, etc.).
2. What is unique about the challenges mothers face that can result in exhaustion?
3. Read John 10:10. How can these words of promise encourage you when you are feeling exhausted?
4. Read Ruth 1:1-5. What is the irony to Bethlehem meaning “house of bread,” Elimelek meaning “God is king,” and Naomi meaning “my pleasant one.”
5. Describe the feelings Naomi must have been dealing with when she faced this extremely painful ordeal. To what degree can you relate to her struggle?
6. Read Ruth 1:20-22. What is significant about Naomi changing her own name? Have you ever wanted to change your name? Why or why not?
7. Who does Naomi blame for her pain? Why do we sometimes blame God for our troubles?
8. Read Ruth 4:13-17. How did God provide for and work through Naomi for his kingdom purposes? How does God’s provision for and work through Naomi parallel Christ’s work for and through you?
9. When you look back at Naomi’s great struggle, do you think she had any idea God would use her to bring the Messiah into the world? Can you look back at a difficult time and see how God used that for his glory and your good?
10. How can you live out God’s promise, the gospel, in your life this week?



Exhaustion

Ruth

May 12, 2019