

## Ruth 1:3-13

### Rootwork

## Facing Grief In a Foreign Land and Seeing Beauty From Ashes

1. (Everyday) Before you begin your study time - spend time in prayer! Go through your "yesterday" and ask the Lord to reveal your heart! Prepare your heart and surrender your will to the Spirit of God! Allow Him to have full access by not withholding anything He wants to do in and then do through you!! Make a conscious effort to bow your will and your obedience to the Lord before you even dive in! This prepares your heart to hear and to heed everything He speaks to you!
2. (Everyday) Then spend time in adoration and worship after you have cleansed your heart and before you dive into the scriptures!! Proclaiming who God is and adoring Him lifts our eyes up and keeps our focus on what really matters...putting God in His rightful place and putting us in ours! Remember, the enemy is going to try to keep you from being in the Word, he hates when we worship our God- worship breaks his bondages over believers, so resist him and he will flee!!

3. (If you didn't do this from last study) If you were at the "Digging Deeper Workshop" and you would like to structure these scriptures, Copy and paste Ruth 1 into a word/pages document or write it out verse by verse, following the structuring handouts you received! If you were not there and want to watch it, search "Digging Deeper" on our website or app and watch it for tools to help you in your study time!
4. (Everyday) After you finish your rootwork every day, be sure to spend time in prayer (ACTS) going through what you have learned and received from the Word of God! This is also in your "Digging Deeper" handout!
5. Review what you learned from the first couple verses of Ruth 1, write out the first 3 mistakes you see that Naomi and her husband made in the beginning and what lessons you can learn from those mistakes! (At the bottom of your rootwork I have compiled a chart of the seven mistakes and lessons we can learn from those mistakes- if you didn't write it down in class.)
6. As you look over the first 3 mistakes and lessons...can you relate with them? Have you been in a place recently that has been really hard? If the answer is "yes", what did you do or what are you doing with that pain?
7. Look specifically at the lessons we can learn from each one! How does they minister to your heart and how do they help in your season of pain? (Past, present or future)

8. Read John 15:4-5 and record how this can encourage you during every season of life?
9. In Bible study we have been talking about the significance of a "foreign land" - why is the location and the people that we surround ourselves with so very important?
10. Read Ruth 1:3, what happens here and what do you think Naomi is feeling and thinking? Have you lost someone you love dearly, that you were incredibly close to? Someone that you did life with every single day? If so, what were those moments like soon after their passing (or leaving)? How did you feel? What did you do? I want us to put ourselves into Naomi's shoes..and really imagine what her frame of mind was like! We can often see how in the right circumstances, we are not so different than the very people we read about in scriptures! Aren't you so happy that God has given us these beautiful examples to learn from so we can grow in our own personal walk with Him?!
11. Ok, now that we have buckled the straps of Naomi's sandals, and have placed ourselves right in her situation...we are face to face with grief unimaginable! Grief brings so much pain and so much emotion and now we are left with a choice on how we handle these emotions....what we will believe about who God is! What is our choice?
12. In the seasons of grief, it is VITAL that we teach ourselves truth! It is in these rawest moments that we will be most

tempted to believe a lie about who God is and what He is doing!  
Why is that the case? Have you been here?

13. Write down some lies you have believed about God in the midst of pain!
14. Next to those lies, refute those lies with truth from God's Word! List them out one by one! How important is it that you teach yourself truth? Do you see why you can not trust your own feelings especially while you are hurting?
15. Read verse 4, what happened here?
16. What was Elimelech and Naomi's mistake #4?
17. Read Deuteronomy 7:3-6 and Deuteronomy 23:3 and record why this was such a serious mistake?
18. In Bible study we talked about how we as parents and even grandparents have to be so very careful because when we sojourn in Moab, our children pay the price and suffer the consequences of our disobedience!! What are some ways that we can venture into Moab personally?
19. Where have you ventured and sojourned into "Moab" personally and has it influenced your children (or those you have lead)? Has it been redeemed and if so, how?

20. If you have not been through this situation, let this be a warning to all of us as moms, grandmas, and leaders. We have such a privilege and a blessing that God has bestowed and entrusted us with!! May we be good stewards with those we lead!!
21. What was the Lesson #4? Do you struggle with this? If so, why do you think that is? List as many scriptures you can find on trusting God and obeying His commands so that you can teach yourself truth when you battle with this!
22. Read verse 5, what happens next?
23. Again, can you image? Now she has lost both her sons! She is left all alone! Sounds a bit like Job, however her response is bit different! What was the difference between the two situations?
24. Since God is the blessed controller of all things, what do you think God is doing here? What about when you go through pain, grief and sorrow? Can you see how God is using that?
25. It is important to note that God will use loss and tragedy to get our attention. His purpose was to get Naomi back on track, back to Bethlehem (the place of bread) and back to the the house of praise (Judah)! Often times it is when we are in a place of loss and pain that we finally listen! How has this been the case with you personally?

26. In class we talked about how awesome it is that God is never hindered by our tragedy- He is not shaken by our world falling apart! We serve a God who is not limited by our sojourning! He does not confine Himself to our boxes and He is really good at bringing beauty from ashes!!! Even when we are the ones who caused the ash-heap! He uses both Job and Naomi- both of their lives and both of their stories to glorify Himself and make Him known! Job because of His faithfulness, and Naomi despite her unfaithfulness! What does this tell you about the character of God? Write out a response you have to this attribute!

27. He is never hindered in restoring the ashes that FEEL so final!! Whatever we are going through, it is not the end! It is not final, God is still working and moving even when we don't feel or see Him!! Read Isaiah 61:1-3, get it in context, see what God is saying and then structure it, pull apart important and repeated words! How has this been what God has done in your life? Or even what He may currently be doing in your life?

28. Spend some time here writing in your Stones of Remembrance journal of all the times He has made beauty from ashes in your life! Then praise and worship Him for what He alone has done!!!

29. Read the following verses and record what you find and how each of these verses give you perspective about who God is?

1. Isaiah 59: 1-2

2. Habakuk 3:17-19

30. Then write in your Who is God Journal what you learn about the character of God! This is so so vital, especially in the midst of such pain and loss!! We have to judge our circumstances based on His character, not judge God based on our circumstances!! We don't need to know "why" when we know "Who"!!
31. Read verse 6, what happens here? Why did God "visit" Bethlehem? Why did Naomi want to return?
32. Read verse 7, what did she do?
33. The word "return" is mentioned 6 times in these few verses, make sure this is labeled or highlighted! Look up the word and look at each time it is mentioned..what is it referring to? This is a key word through the book of Ruth and it is important to note that although "returning" is necessary- Returning physically is not the same as fully repenting spiritually! In order to experience the beauty from ashes - we first need to return to the Lord and REPENT from our sin!
34. Read Joel 2:12-13 and record the treasures given in these verses about repentance! According to this, what do you learn personally about repentance? How does this shed more light on the attitude in which we should repent?
35. Read Romans 2:4 and and record what you find! If you have time, look up every verse you can find on repentance and

record a list of what the Bible says about repentance. How is it defined and what do you learn about the repentant heart?

36. Read verse 8, what does Naomi do here? What does this blessing indicate?
37. Why does Naomi not want her daughters-in-law to go with her?
38. Read verse 9, what is the second blessing here?
39. What does Naomi and her daughters-in-law do here? What does this show us?
40. In these moments of overwhelming emotion and loss, the treasures of God's Word is vital to cling to in order to remind ourselves of truth! Look up the following verses and record how this helps us to keep our thoughts right and clear when we are in unimaginable pain! These are just a few, if you have time please look up as many as you can!!

1. Psalm 54:44
2. Psalm 55:22
3. Hebrews 1:3
4. Colossians 1:16-18
5. Matthew 11:28-30

41. Pull out the attributes of God in each verse above and record in your Who is God journal!
42. Read verse 10, what is their response and why? If you want to read about the believed father of Ruth and Orpah, and that disgusting story I had to share 😬 read Judges 3:12-22!! Also the Jewish archive that reports that Eglon is the father is from Ruth Rabbah- the Talmudic tradition and writings. Whether or not they are completely accurate is unknown but adds an element of interest nonetheless! 😂
43. Read verse 11, what is Naomi's mistake #5? Wow, we so often do the same thing don't we? When was the last time ...the most recent time 😊 that you made the same mistake as Naomi? What was the outcome? What was the lesson #5 and the lesson you learned as well?
44. When we step out in faith and allow God to do what only He can do..there is beauty and adventure of following the Lord! Write out a testimony of when you knew God was calling you to do something that seemed impossible and you jumped off that cliff of faith, got out for the way so God could do what only He could do!! What happened? How did that strengthen your faith and your walk with the Lord?

45. Read verses 12 and 13! What is Naomi saying to her daughters-in-law? Why is this so important? Read Deuteronomy 25:5-10 to get a little cultural insight! Below is the quote from Bible charts from Rose Publishing, record how both of these shed more light on what is going on here!

1. "In the cultural world during the times of the Old Testament, women were valued only by their connection to a man. Unmarried women derived their value from their fathers and married women from their husbands. Their security and safety depended on the husband's ability to provide for them. When a married woman lost her husband, as Naomi did, her value declined steeply, and her safety and security depended on her sons. When Naomi lost her sons as well, she became destitute. Now she was on a social level below servants. Making matters worse, she was a foreigner in a kingdom other than her own, one of the lowliest of the low." (Bible charts Vol. 3 Rose publishing)

46. From verse 12, what was Naomi's 6<sup>th</sup> mistake, and what was the 6<sup>th</sup> lesson? How have you been at a place of complete hopelessness and how did you get out of it?

47. Look up the following verses and record how this encourages you to have hope when you are feeling hopeless! (As always, please feel free to find as many as you can!!)

1. Isaiah 40:31
2. Micah 7:7

3. Romans 5:3-4
  4. Hebrews 11:1
  5. Romans 8:24-25
  6. Romans 12:12
  7. Romans 15:13
  8. 1 Peter 1:3
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48. Record in your Who is God journal, the attributes of God that you find in each verse!
  49. Look again at verse 13, what the 7<sup>th</sup> Mistake Naomi makes and how do you think she got this far down in a spiral?
  50. Look up the word "harder"...how does this meaning add more clarity into how she was feeling? Been there? How did it effect you and everyone around you?
  51. I shared the following examples of what we say to ourselves when self pity rears its ugly head! Are there some that resonate with you? If so, which ones? Do you have some that are not listed? If so write them out!
    1. "You don't understand- you don't have my problems"
    2. "It is easy for you to say..."
    3. "My situation is worse than yours"
    4. "If you were in my shoes..."
    5. "It is just too hard too many bad things have happened"
    6. "I cant take it anymore, you don't understand"

7. "My life did not turn out the way I would have hoped"
8. "I have done everything right and this is what I get"
9. "I could be doing something else, someplace else but I am stuck because it is the "right thing to do""
10. "I have a reason and justification to feel the way I feel, and act the way I act so therefore I am exempt from the commands of God"
11. "This was the choice I made and I guess I am going to have to live with it, it is just my lot"
12. "All my dreams are destroyed, no one gets it"

52. Above are a lot of reasons why self pity originates..but as we discussed in class, just because we have a reason does not mean we have a right! Why is this true?

53. Below is a quote I found by J.Bloom that is so so powerful and so spot on! Please read this slowly, chew on this because self pity can be something we all can fall into at any time..one that we can all wrestle with and deal with! Keep this handy when you start to feel this creep up!! WOW it is good!!

1. "Self-pity is our sinful, selfish response to something not going the way we think it should. And it's a subtle sin; we often don't recognize it right away because it wears the disguise of righteous indignation. We feel justified to indulge it after the injustice we suffered, even if all that happened was we didn't get our way. But self-pity is a dangerous, deceitful, heart-hardening sin (Hebrews 3:13). It's a spiritual deadener, choking faith,

draining hope, killing joy, smothering love, fueling anger, and robbing any desire to serve others. And it is a feeder-sin, encouraging us to comfort our poor selves with all manner of sinful indulgence like gossip, slander, gluttony, substance abuse, pornography, and binge entertainment, just to name a few. Self-pity poisons our relationships and is often an underlying cause of our "burnout." Self-pity does us no good whatsoever, even if we've suffered a true injustice or bereavement or other evil. It is a closely clinging sin that only weighs us down like an anchor (Hebrews 12:1), so we must kill it as soon as we recognize it." (J. Bloom)

54. Grief has no bounds- it has no time limit, it has no borders of manageable restraint, grief must be walked through.. however slowly and painfully it takes! However, grief must not become self pity or we start to cross those uncontrollable borders and straight into sin and hard heart! Write out lesson #7 and why is this one sooo vital to learn?

55. What does 1 Thess. 5:18 tell us to do?

56. Read all of James chapter 1, please structure this chapter and pull out every word you want more insight on! This will take a while but it is sooo powerful as we walk through this amazing perspective God gives us through the book of James! Write out the nuggets you get, the insights you glean and how you can apply them to your life!! God uses everything for His Glory and our good as we allow Him to work and to will for His good

pleasure making each and every one of us oaks of righteousness planted for the display of His splendor!!

Mistake	Lesson
1) When life got really hard - Elimelech and Naomi ran and sojourned in a foreign land for refuge!	1) Run to the Lord and not from, press in and not out!
2) Elimelech and Naomi forgot who their God was and what He has already done! (Even as they passed the stones of remembrance)	2) Remember who your God is, record His character in your Who is God journal and your stones of remembrance journal for when you're struggling!
3) Elimelech and Naomi "remained" there- dwell- abide - made a home in Moab	3) Make your home or abide in Christ alone!
4) Elimelech and Naomi's sons married Moabite women	4) God has commands for a reason- obey and trust in the Lord - He knows what He is doing!
5) Naomi was looking at the temporal and not at the eternal!	5) Just because it is not possible for us, does not mean that is not possible for God!
6) Naomi lost hope	6) Look to God and His Word alone for hope!!
7) Naomi gave into self pity!	7) Biblical Perspective is life saving in midst of pain and grief!

