

RUTH



Family Study Guide
5 Weeks

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Hey families!

Have you ever wondered what God's plan for your life is? Have you ever felt lost trying to figure out what it is? If you have, the book of Ruth is for you and your family! As you read this story, you'll see how a young woman follows and trusts God no matter her situation. And life is really learning to trust God's plan, one step at a time. Listen to this verse:

"I know the plans I have for you," announces the Lord. "I want you to enjoy success. I do not plan to harm you. I will give you hope for the years to come."

Jeremiah 29:11 NIRV

God has good things planned for us. So, let's read the story of Ruth together and be reminded that God indeed has a good plan for us.

-Sunnybrook Family Ministry Team

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Week 1

START TALKING: What's your favorite kind of story – funny, adventurous, or exciting? Why?

BIG IDEA: When we trust God, He can help us make the right choices.

SUMMARY: In the book of Ruth, a man named Elimelech moved his family from Bethlehem to Moab when times got tough. Moab seemed like a good idea at first, but it wasn't where God wanted them to be. Elimelech's wife, Naomi – and their sons, Mahlon and Kilion – faced a lot of sadness there. Later, Naomi decided to go back to Bethlehem, where God would take care of her. Ruth, her daughter-in-law, chose to go with her and trust God.

KEY VERSE:

Ruth 1:16 NIRV

But Ruth replied, "Don't try to make me leave you and go back. Where you go, I'll go. Where you stay, I'll stay. Your people will be my people. And your God will be my God."

START THINKING:

- Why do you think Elimelech's family left Bethlehem and went to Moab?
- Have you ever had to make a hard choice? What made it hard, and how did you decide what to do?
- When things are hard, it can be tempting to try and fix them on our own instead of trusting God. Can you think of a time when you had to trust God? What happened?
- Ruth chose to stay with Naomi and trust God even though it was scary. What's a choice you've made to follow God, even when it was hard?



START DOING:

Think about one thing you could do this week to show you trust God. Maybe it's praying when you're worried or asking for help when you need it. What will you do?

START PRAYING: Dear God, thank You for loving us and being with us, even when things are hard. Please help us trust You like Ruth did and help us make choices that show we believe in You. Help us to take a step this week to follow you and do what is right. In Jesus' name, amen.

CHALLENGE:

Think about a decision you need to make this week. Ask God to help you choose the right thing, just like Ruth trusted Him. Write it down or draw a picture to remind yourself!



Week 2

START TALKING: What's one thing you were proud of this week?

BIG IDEA: God notices your heart.

SUMMARY: Ruth worked hard to take care of herself and Naomi after moving to Bethlehem. One day, she went to a field to gather grain, and God used this normal day to bring about a big plan. The field belonged to Boaz, who noticed Ruth because of her kindness, loyalty, and hard work. Ruth trusted God and honored Him, and God took care of her through Boaz.

KEY VERSE:

Ruth 2:12 NIRV

"May the Lord reward you for what you have done. May the Lord, the God of Israel, bless you richly. You have come to him to find safety under his care."

START THINKING:

- Why do you think Boaz noticed Ruth in the field? What stood out about her?
- Read Ruth 2:12. How does God reward people who are kind, loyal, and hardworking?
- Ruth was kind and loyal to Naomi, and trusted God when life was hard. Share about a time when you were kind or helped someone. How does it feel?
- God used something as simple as Ruth picking grain to bring about His big plan. What's one thing you do every day that God might use to help someone else?



START DOING: Choose ONE quality that Ruth had – kindness, loyalty, hard work, or trusting God – and focus on showing that quality this week. What are some ways you can do that?

START PRAYING: Dear God, thank You for loving us and noticing what's in our hearts. Help us to be kind, loyal, and hardworking like Ruth. Thank You for using even the small things we do to bring about your big plans. Help us trust You this week and look for ways to show Your love to others. In Jesus' name, amen.

CHALLENGE:

This week, look for ways to be like Ruth! You can do this by helping your family, being kind to a friend, or doing your best on a hard task. At the end of the week, think about how God might have used what you did!



Week 3

START TALKING: What makes someone a really good friend?

BIG IDEA: Be the kind of friend you want to have.

SUMMARY: Ruth kept working hard in Boaz's field, and Boaz noticed her kindness, loyalty, and good character. He showed kindness to Ruth by giving her food and protection. Ruth's character made her stand out, and her relationship with Boaz grew in a way that honored God. They were kind, respectful, and thoughtful toward each other.

KEY VERSE:

Ruth 2:11 NIRV

Boaz replied, "I've been told all about you. I've heard everything you have done for your mother-in-law since your husband died. I know that you left your father and mother. I know that you left your country. You came to live with people you didn't know before."



START THINKING:

- Read Ruth 2:10-11. Why do you think Boaz noticed Ruth. What qualities stood out about her?
- Who are some friends or family members you can trust to make good choices? How do they help you make better choices?
- Boaz showed kindness and respect to Ruth. Share about a time when someone showed kindness to you. How did it make you feel?
- One of the most important things we can do is be a good friend to other. What's one way you can be kind, loyal, or thoughtful to a friend or family member this week?



START DOING:

- Think about a quality you want to grow in – kindness, loyalty, or working hard to help others. How will you practice that this week?

START PRAYING: Dear God, thank You for showing us what it means to love and care for others. Help us to be kind, loyal, and thoughtful like Ruth and Boaz. Show us how to honor You in our friendships and relationships. Thank You for giving us people who help us follow You. In Jesus' name, amen.

CHALLENGE: This week, look for a way to show kindness to a friend or family member. It could be helping with a chore, sharing something, or saying something encouraging. Watch how it makes them feel – and how it makes you feel, too!



Week 4

START TALKING: What's the most important choice you've made this week?

BIG IDEA: Even when you don't get it right, God can make it right.

SUMMARY: Naomi gave Ruth advice about meeting with Boaz. Ruth trusted Naomi's wisdom and followed her instructions. She showed courage by asking Boaz to be her family's guardian – redeemer (someone who helps a family in need). Boaz saw Ruth's good character and promised to take care of her. Ruth and Boaz honored God in their choices, and God blessed them in a big way.

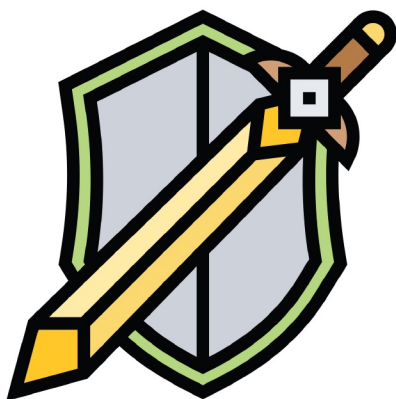
KEY VERSE:

Romans 8:28 NIRV

We know that in all things God works for the good of those who love him. He appointed them to be saved in keeping with his purpose.

START THINKING:

- Read Ruth 3:1-9. How do you think Ruth felt when Naomi told her to go to Boaz?
- What does it mean to trust God when you're making a big decision?
- Ruth was brave and trusted God when she wasn't sure what would happen. Share about a time you made a choice that took courage. How did it turn out?
- Sometimes we don't make the best choices, but God can still make things right. Share a time when you made a mistake but saw God work it out for good.



START DOING:

Think of one area in your life where you can honor God with your choices – maybe by being kind, honest, or brave. What will you do this week to take a step in that direction?

CHALLENGE: This week, think about a choice you're facing. Pray and ask God to help you make a decision that honors Him. Then, share with your family how you trusted God with your choice.

START PRAYING: Dear God, thank You for loving us even when we make mistakes. Help us to be brave like Ruth and trust You with our big choices. Show us how to honor You in the way we love and treat others. Thank You for using everything for good. In Jesus' name, amen.



Week 5

START TALKING: What's something good that happened to you this week?

BIG IDEA: God's plan is always the best.

SUMMARY: Ruth's story started with sadness, but Gd has a good plan for her life. She trusted Him, worked hard, and followed His ways. Boaz made a wise and kind choice to take care of Ruth and honor her family. Their story shows us how God uses our choices to bring about His good plan, even when we don't understand everything.

KEY VERSE:

Ephesians 3:20 NIRV

God is able to do far more than we could ever ask for or imagine. He does everything by His power that is working in us.

START THINKING:

- Read Ruth 4:1-10. How did Boaz make a plan to honor God and help Ruth?
- Proverbs 21:5 talks about making wise plans. What does it mean to plan with wisdom and faith for the future?
- Ruth didn't know how her story would end, but she trusted God through the hard times. What does it look like to trust God in your own life, even when you don't understand what is happening?
- Share about a time when you made a plan, but God has something better. How was God's plan even greater than you imagined?

START DOING:

Read Ephesians 3:20. What's one big prayer you want to pray this week, trusting God can do more than you can ask or imagine?

START PRAYING: Dear God, thank You for showing us through Ruth and Boaz's story that Your plan is always better than anything we could imagine. Help us make wise, faith-filled choices that honor You and trust You in every step of our journey. Remind us that even when life feels hard or confusing, You are always working for good. We love You, and we trust Your plan. In Jesus' name, amen.

CHALLENGE: Think about something you can plan to do this week that will make a difference – like helping at home, encouraging a friend, or spending time with God. Draw a picture or write out your plan, then follow through!





SUNNYBROOK
community church

5601 Sunnybrook Drive
Sioux City, Iowa 51106
www.sunnybrookchurch.org