

**Ruth 1:1-2 NLT**

In the days when the judges ruled in Israel, a severe famine came upon the land. So a man from Bethlehem in Judah left his home and went to live in the country of Moab, taking his wife and two sons with him. <sup>2</sup>The man's name was Elimelech, and his wife was Naomi. Their two sons were Mahlon and Kilion. They were Ephrathites from Bethlehem in the land of Judah. And when they reached Moab, they settled there.

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**Ruth1:20-21**

"Don't call me Naomi," she responded. "Instead, call me Mara, for the Almighty has made life very bitter for me. <sup>21</sup>I went away full, but the Lord has brought me home empty. Why call me Naomi when the Lord has caused me to suffer and the Almighty has sent such tragedy upon me?"

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**Ruth 4:14-15**

Then the women of the town said to Naomi, "Praise the Lord, who has now provided a redeemer for your family! May this child be famous in Israel. <sup>15</sup>May he restore your youth and care for you in your old age. For he is the son of your daughter-in-law who loves you and has been better to you than seven sons!"

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**Romans 8:1-2**

So now there is no condemnation for those who belong to Christ Jesus.<sup>2</sup> And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

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## MOVING FROM DEPRESSION TO RECEIVING COMFORT

1. Read Ruth 1. How would you describe the characters of this story?
2. Have you ever felt like Naomi? In what way?
3. Read Ruth 4. What stands out in this story? How do you see God at work through the people, to bring about comfort to Naomi?
4. What does the word redeemer mean? When have you experienced redemption?
5. Read Romans 8:1-2. What does it mean to have *no condemnation*?
6. In what areas can you press into God's comfort and redemption in your own life this week?

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