



The Journey to Hope

Ruth 1:12-14 (NIV) *Return home, my daughters; I am too old to have another husband. Even if I thought there was still hope for me—even if I had a husband tonight and then gave birth to sons—¹³would you wait until they grew up? Would you remain unmarried for them? No, my daughters. It is more bitter for me than for you, because the LORD’s hand has turned against me!”¹⁴At this they wept aloud again. Then Orpah kissed her mother-in-law goodbye, but Ruth clung to her.*

Point #1 - LOSS happens!

Point #2 - GRIEF is a good and natural part of loss

Point #3 - Grief can EASILY BLIND US

Ruth 1:16-17 (NIV) *But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.”¹⁷Where you die I will die, and there I will be buried. May the LORD deal with me, be it ever so severely, if even death separates you and me.”*

Ruth 1:18 (NIV) *When Naomi realized that Ruth was determined to go with her, she stopped urging her.*

Point #4 - You need OTHER PEOPLE to walk through grief with you (Community!)

Ruth 1:19-22 (NIV) *So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, “Can this be Naomi?”²⁰“Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter.”²¹I 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.”²²So Naomi returned from Moab accompanied by Ruth the Moabite, her daughter-in-law, arriving in Bethlehem as the barley harvest was beginning.*

Point #5 - It's OK to FEEL THE PAIN of your loss and to express your RAW EMOTION

Ruth 3:1-3 (NIV) *One day Ruth’s mother-in-law Naomi said to her, “My daughter, I must find a home for you, where you will be well provided for.”²Now Boaz, with whose women you have worked, is a relative of ours. Tonight he will be winnowing barley on the threshing floor.”³Wash, put on perfume, and get dressed in your best clothes. Then go down to the threshing floor, but don’t let him know you are there until he has finished eating and drinking.*

Point #6 - It helps to begin TAKING YOUR FOCUS OFF OF YOU and putting it on someone else

Ruth 3:6 (NIV) *So she went down to the threshing floor and did everything her mother-in-law told her to do.*

Ruth 4:13-14 (NIV) *So Boaz took Ruth and she became his wife. When he made love to her, the LORD enabled her to conceive, and she gave birth to a son.”¹⁴The women said to Naomi: “Praise be to the LORD, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel!*

Point #7 - God is the source of our RESCUE & HOPE

Ruth 4:15-16 (NIV) *He will renew your life and sustain you in your old age. For your daughter-in-law, who loves you and who is better to you than seven sons, has given him birth.”¹⁶Then Naomi took the child in her arms and cared for him.”¹⁷The women living there said, “Naomi has a son!” And they named him Obed. He was the father of Jesse, the father of David.*

Point #8 - God will RESTORE OUR JOY!