

# Explore It

## FOR LEADERS



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### LOYAL RUTH

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**📖 Ruth chapter 1; 2:1-12; 4:13-17 Ruth stays with Naomi**

**🎯 Aim: To see how God used Ruth's selfless choices**

Our Bible character for today showed a different kind of strength from the people we have met so far this month. Faced with challenging circumstances, she displayed inner strength and made choices that demonstrated her loyalty and kindness. We can learn a lot from Ruth about sharing God's kindness with others.

Each child will need:

- Pens/pencils and paper
- Explore It Ideas handout

You will need:

- Lots of sticky notes, in two different colours
- To prepare for possible prayer activities that your group may choose to do – see Pray It

## Start It

**💬 Say:** Today's Bible character had to make a lot of difficult choices that impacted her and the people around her. For our starter today you need to make some much easier choices that will hopefully make you smile as you think about them.

Choose from the following selection of 'Would You Rather' questions and discuss them with the children.

- Would you rather be on Superman's team or Spiderman's team?
- Would you rather be forced to sing along or dance to every single song you hear?
- Would you rather spend a day in the hot sun or in the icy cold?
- Would you rather never be able to go out during the day or never be able to go out at night?
- Would you rather win an Oscar or the FIFA World Cup?
- Would you rather never eat bananas again or have to eat a banana every day?
- Would you rather be able to speak any language or be able to communicate with animals?

## Sing It

**💬 Say:** Over the past few weeks we have met characters who showed physical strength when facing an enemy. Today's Bible character showed a different kind of strength. There were moments when she must have felt afraid, but she trusted that God was with her.

**💬 Say:** Let's share our memory verse together.

### Memory verse

**'Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.'**

— (Joshua 1:9 NIV)

'Be strong and courageous song – Joshua' 1:9 by Kickstart Worship (3:20)  
[www.youtube.com/watch?v=IjRww6Ocs\\_k](http://www.youtube.com/watch?v=IjRww6Ocs_k)

## Tell It

**Say:** In our sessions so far, we have met many strong people.

**Ask:** What kind of strength have most of them shown?

**Say:** Joshua pressed forward with the strength of the Lord into battle. After a bit of persuading, Gideon did the same and defeated the Midianites. Samson used his physical strength to fight the Philistines – and have the odd temper tantrum. All these characters used physical strength, but today's character is totally different.

## Video

*God's Story: Ruth* by Crossroads Kids' Club (3:37)  
[www.youtube.com/watch?v=irThVpdeSXk](http://www.youtube.com/watch?v=irThVpdeSXk)

**Watch:** 0:00 to 1:40. (If anybody was going to rescue Ruth and Naomi, it was Boaz.)

**Say:** Ruth lived in Moab with her mother-in-law Naomi and her sister-in-law Orpah. Their husbands tragically died, and the three women were left alone. Naomi decided to return home to Bethlehem in Judah, a place her daughters had never visited before. She told Orpah and Ruth to return their own homes, but Ruth refused.

**Ask:**

- Why do you think Naomi wanted Ruth and Orpah to go home?
- How were things different for women at that time?

**Say:** Naomi knew it was a big decision for Ruth to join her in Judah, as Ruth wasn't an Israelite. But Ruth would not back down.

**Read:**

**'But Ruth said, "Don't ask me to leave you! Don't beg me not to follow you! Every place you go, I will go. Every place you live, I will live. Your people will be my people. Your God will be my God. And where you die, I will die. And there I will be buried. I ask the Lord to punish me terribly if I do not keep this promise: only death will separate us."'**

— (Ruth 1:16-17 *ICB*)

**Say:** Ruth had the choice to return home to her family or stay with Naomi. She made the brave choice to trust God and go with Naomi.

**Ask:**

- What happened when they returned to Naomi's hometown?
- How did they find food?
- What did Boaz do to help Ruth collect more food?

**Say:** At the end of the last clip we heard Naomi describe Boaz as a 'family redeemer'. Let's watch the rest of the clip to find out what that means.

**Watch:** 1:41 to 3:37.

**Ask:**

- What strange thing did Naomi ask Ruth to do?
- How did Boaz react?
- What might have happened if Ruth had ignored Naomi?

**Read:**

**'So Boaz took Ruth and married her. The Lord let her become pregnant, and she gave birth to a son. The women told Naomi, "Praise the Lord who gave you this grandson. And may he become famous in Israel. He will give you new life. And he will take care of you in your old age. This happened because of your daughter-in-law. She loves you. And**

**she is better for you than seven sons. She has given birth to your grandson.”**

**‘Naomi took the boy, held him in her arms and cared for him. The neighbours gave the boy his name. These women said, “This boy was born for Naomi.” The neighbours named him Obed. Obed was Jesse’s father. And Jesse was the father of David.’**

— (Ruth 4:13-17 ICB)

**Ask:** What connection does Ruth have to King David and therefore to Jesus?

**Say:** Ruth’s inner strength meant that:

- she stayed with Naomi when it would have been easier to go home,
- followed the instructions of her mother-in-law when she could have been embarrassed, and
- became part of God’s family when she could have stayed in Moab.

**Say:** Ruth’s obedience meant that God could do amazing things in her life.

## Action It

**Ask:** Think about all the events in today’s story and how each character reacted. What examples of kindness do we find in Ruth’s story?

### Kindness activity

For this activity, you will need two packs of different-coloured sticky notes.

One colour will be used for the children to think of people they could show kindness to. Encourage the children to focus on types of people rather than specific names, eg mum, dad, grandparents, teachers, friends ... Write each type of person on the sticky notes and spread them out on a table or wall.

Using the other coloured notes, help the children generate as many different ways as possible to show kindness, and place them next to the appropriate people. The aim of the activity is to think of all the ways we can show kindness to others.

At some point a suggested act of kindness will work for more than one person and should prompt a good discussion with the children. Try and encourage the children to think of as many ideas as possible.

When you have filled the space with acts of kindness, ask the children to discuss and choose three acts of kindness they could carry out this week. Give them a piece of paper to write down their three acts of kindness to take home.

**Say:** We often get very caught up in ourselves and what is happening to us. Even in difficult circumstances, Ruth took the opportunity to show kindness to others. Even when he didn’t have to, Boaz showed kindness to Ruth and Naomi – and God shows kindness to us every single day. Let’s take the opportunity to share that kindness with others.

## Pray It

**Say:** Ruth and Naomi’s journey home was challenging. They had no idea how they would find food or shelter. It would have been easy for others to take advantage of them. Many people in the world today have to leave their homes and find a new place to live. Sadly, instead of caring as Boaz did, there are many willing to cause harm to people like Ruth and Naomi.

### Day of prayer for victims of human trafficking

Explain to the children that Sunday 24 September is a day of prayer for victims of human trafficking. Discuss with the children some ways they could pray for people impacted by this horrible trade. Decide as a group your main prayer focus and spend the time planning or praying together.

Suggestions for activities are listed below:

- create a mini prayer display for the rest of the church to use
- write a prayer together for people impacted by human trafficking
- create a list of prayer topics and turn it into a prayer diary for the week. If you choose this option, then encourage the children to take a copy of the prayer diary with them to use at home.

## Explore It

Remember to send home the *Explore It Ideas* for children and families.

# Explore It

## IDEAS

Here are some ideas for you to explore at home

SEPTEMBER  
SESSION 04

### LOYAL RUTH

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## FOR ME



### Choose

In today's story Ruth and Naomi had to make some challenging choices.

What choices do you have to make during your week?

## TOGETHER



### Share

Share the story of Ruth and Naomi with the people at home.

*Storytellers: Ruth & Naomi* by Crossroads Kids' Club

[www.youtube.com/watch?v=SNd5CQE-jdU&t=1s](http://www.youtube.com/watch?v=SNd5CQE-jdU&t=1s)

- ➡ What would they have done if they were in Ruth's position?
- ➡ What can we learn from Ruth and her story?



### Song for the week

'Be strong and courageous song – Joshua' by Kickstart Worship

[www.youtube.com/watch?v=ljRww6Ocs\\_k](http://www.youtube.com/watch?v=ljRww6Ocs_k)



### Memory verse

**'Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.'**

— (Joshua 1:9 NIV)

### KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

*Kids Alive!* The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

