

RUTH



Ruth 1:1-2

In the days when the judges ruled, there was a famine in the land. So a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab. The man's name was Elimelek, his wife's name was Naomi, and the names of his two sons were Mahlon and Kilion. They were Ephrathites from Bethlehem, Judah. And they went to Moab and lived there.

RUTH

Ruth 1



Ruth 1:3-5

Now Elimelek, Naomi's husband, died, and she was left with her two sons. They married Moabite women, one named Orpah and the other Ruth. After they had lived there about ten years, both Mahlon and Kilion also died, and Naomi was left without her two sons and her husband.





When Naomi heard in Moab that the Lord had come to the aid of his people by providing food for them, she and her daughters-in-law prepared to return home from there. With her two daughters-in-law she left the place where she had been living and set out on the road that would take them back to the land of Judah.

- Ruth 1:6-10



Then Naomi said to her two daughters-in-law, “Go back, each of you, to your mother’s home. May the Lord show you kindness, as you have shown kindness to your dead husbands and to me. May the Lord grant that each of you will find rest in the home of another husband.” Then she kissed them goodbye and they wept aloud and said to her, “We will go back with you to your people.”

- Ruth 1:6-10

Ruth 1:11-13

But Naomi said, “Return home, my daughters. Why would you come with me? Am I going to have any more sons, who could become your husbands? 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—would 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!”



**No, my daughters. It is more bitter
for me than for you, because the
Lord's hand has turned against me!**

Ruth 1:14-18

At this they wept aloud again. Then Orpah kissed her mother-in-law goodbye, but Ruth clung to her. “Look,” said Naomi, “your sister-in-law is going back to her people and her gods. Go back with her.” 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. Where 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.” When Naomi realized that Ruth was determined to go with her, she stopped urging her.



Lois Tverberg: Heseḏ is a love so enduring that it persists beyond any sin or betrayal to mend brokenness and graciously extend forgiveness.

Lamentations 3:31-32 give us this definition: No one is cast off by the Lord forever. Though He brings grief, he will show compassion, so great is his unfailing {heseḏ} love.



We see that God's love is not the
thrill of romance, it is the security of
faithfulness.

Ruth 1:14-18

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?”

“Don’t call me Naomi,[pleasant]” she told them. “Call me Mara,[bitter] because the Almighty has made my life very bitter. I 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.”



Those who have experienced trauma see the world through a different lens. They experience not only a changed sense of self and a changed way of relating to others but a changed worldview.



Frequently, in and with affliction, Yahweh provides the means of easing the affliction. That may come through another person, as it does here. It may come through change or twists of circumstances. It may come through the comfort of the Scriptures—or a combination of those. Yet this is not seen at the time.

- Dale Ralph Davis



For those like Naomi: For those like Naomi: It's good to be honest with God, you can voice how you really feel.

However, recognize that what you feel may not be the full story. Naomi was blind to the gift of her daughter in law, her pain would not allow her to see it. "Where might my pain be blinding me to a gift of God?"



For those like Naomi: It's good to be honest with God, you can voice how you really feel. However, recognize that what you feel may not be the full story. Naomi was blind to the gift of her daughter in law; her pain would not allow her to see it. This week pray: "Where might my pain be blinding me to a gift of God?"

For those like Ruth: Recognize the sacred task of walking with others in their pain: *Carry each other's burdens, and in this way you will fulfill the law of Christ.*
(Galatians 6:2)

The Right Hand Support Program was established to address the needs of people experiencing the effects of past or present trauma. We offer professional trauma informed counselling for those individuals who have experienced trauma in their lives. In addition, our mentoring program is designed to create healthy, safe connections for people struggling with isolation and life's many stresses and difficulties.

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