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**Heading Home (Part 2)**

Ruth 1:19-22

**When Suffering Clouds Our Thinking**

What Naomi thinks: “God has made my life \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

Ruth 1:20

How Naomi feels: “I was full, now I’m \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

Ruth 1:21

The reality: God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Ruth 1:22; 2 Corinthians 12:8-9

**THE SOLUTION 🡪** A good practice in times of suffering is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our hearts and minds with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Psalm 25:5; Psalm 119:43

**3 Truths to Consider in Times of Suffering**

1. Consider God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ acts of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Psalm 36:5-6; Psalm 78:11-16

2. Consider the small \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Philippians 1:3-5; Philippians 2:25; Philippians 4:18

3. Trust that God is leading \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ toward his kingdom \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Romans 8:28

**Christ Connection**

While Naomi felt afflicted by our Father, Jesus was truly afflicted \_\_\_\_\_\_\_\_\_\_\_\_ at the cross. And just as Ruth understood Naomi’s suffering and remained by her side, Jesus \_\_\_\_\_\_\_\_\_\_\_\_ our suffering and \_\_\_\_\_\_\_\_\_\_\_\_\_ with us.

Joshua 1:9; Matthew 27:46; Matthew 28:20; Hebrews 4:14-15

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**Heading Home (Part 2)**

Ruth 1:19-22

**When Suffering Clouds Our Thinking**

What Naomi thinks: “God has made my life **BITTER**.”

Ruth 1:20

How Naomi feels: “I was full, now I’m **EMPTY**.”

Ruth 1:21

The reality: God’s **GRACE** is always **PRESENT**.

Ruth 1:22; 2 Corinthians 12:8-9

**THE SOLUTION 🡪** A good practice in times of suffering is to **FILL** our hearts and minds with **TRUTH**.

Psalm 25:5; Psalm 119:43

**3 Truths to Consider in Times of Suffering**

1. Consider God’s **PAST** acts of **FAITHFULNESS**.

Psalm 36:5-6; Psalm 78:11-16

2. Consider the small **MARKS** of God’s **GRACE**.

Philippians 1:3-5; Philippians 2:25; Philippians 4:18

3. Trust that God is leading **ALL THINGS** toward his kingdom **PURPOSES**.

Romans 8:28

**Christ Connection**

While Naomi felt afflicted by our Father, Jesus was truly afflicted **FOR US** at the cross. And just as Ruth understood Naomi’s suffering and remained by her side, Jesus **UNDERSTANDS** our suffering and **ABIDES** with us.

Joshua 1:9; Matthew 27:46; Matthew 28:20; Hebrews 4:14-15

**For Further Study**

(Readings and Questions for Life Groups or Personal Study)

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**Getting Started**

Share with your group about a time someone encouraged you by their personal care for you. How has their care for you influenced the way you care for others?

“Self-care” is a trendy topic nowadays. How might filling our hearts and minds with God’s Word and his promises be some of the best self-care we could turn to in difficult times?

**Digging Deeper**

Read Psalm 44:1-3. What do these verses teach you about God’s past acts of faithful care? How might remembering God’s past faithfulness encourage you through present sufferings?

Now read Psalm 44:26. What relationship do you see between God’s past faithfulness and his unfailing love? How does this influence the way you petition and pray to our heavenly Father?

**Driving It Home**

On Sunday, Marttell mentioned three truths to consider in our times of suffering. What are those three truths? Are there any other truths or promises in the Bible that you can think of? What practical steps can you take to remember these biblical truths and promises?

Sometimes, like Naomi, our suffering clouds our thinking and leads us to doubt God’s goodness. Of the three truths Marttell mentioned on Sunday, which one helps you the most to remember God truly loves you? Why?