



Week 4

When something goes wrong, are you more likely to want a solution, someone to listen, or some time alone? Why?

Why do you think it's sometimes hard to admit that we're hurting or don't have everything figured out?

Read Ruth 1:1-5. What do you notice about everything Naomi experienced?

Naomi felt angry, empty, and bitter. Why do you think it's important that the Bible doesn't pretend Naomi wasn't hurting?

Ruth didn't know what the future would look like, but she knew she could stay with Naomi and keep moving toward God. What does that teach us about faith?

The teaching says, "Hope doesn't mean just being positive." What's the difference between pretending everything is okay and having hope in God?

What is one faithful next step you could take when life feels heavy? It could be talking to God, staying connected to your group, talking to a trusted adult, asking for help, or something else.