

Overview: Kindness & Gentleness (Ruth)

Story:

Ruth is a Moabite woman who, after the death of her husband, chooses to stay with her mother-in-law, Naomi, instead of returning to her people. Ruth goes with Naomi back to Bethlehem and faces poverty and uncertainty. Ruth accepted Naomi's people, culture, and faith and became part of the Jewish community. Through God's power, Ruth caught the attention of Boaz, a wealthy landowner and relative of Naomi. Boaz shows kindness to Ruth and marries her, saving her from widowhood and poverty. Ruth and Boaz have a son named Obed, who becomes part of the family line of King David and, ultimately, Jesus.

Key Bible Verses:

—Ruth said, "Where you go I will go. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. (Ruth 1:16-18)

—The LORD repay you for what you have done, and a full reward be given you by the LORD, the God of Israel, under whose wings you have come to take refuge!" (Ruth 2:12)



Lessons from Ruth

Ruth's story teaches us the importance of being committed to our loved ones, building strong family relationships, and caring for others. By putting the needs of others before our own, we can receive blessings from God. Ruth's loyalty to her mother-in-law, willingness to accept a new community and faith, and trust in God's guidance ultimately led to her rescue from widowhood and poverty. When Ruth chose to follow the God of Israel, she put her identity in God. Ruth's story shows us that selflessness, loyalty, kindness, and love can bring many blessings from God, teaching us that God's plan to rescue and restore is for all people. Ruth's story shows the power of love, faith, and God's care for us, encouraging us to live with integrity, compassion, kindness, gentleness, and trust in God's plan. **Pursue righteousness, godliness, faith, love, steadfastness, gentleness. (1 Tim. 6:11)**

Lesson: Kindness & Gentleness (Ruth)



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What is kindness and gentleness?

- Kindness is extending compassion, empathy, and goodwill toward others with gracious words and actions.
- Gentleness means being kind and respectful toward others using a mild tone and attitude in your speech and actions.

Respect, Humility, and Willingness to Serve

- Ruth met people with respect and humility, and she respected Naomi's culture, people, and faith by accepting them as her own.
- Ruth showed her willingness to serve and care for others even in difficult times by treating people with kindness and gentleness.

How can I become a kind and gentle person?

- Understanding other's perspectives, feelings, and experiences helps you develop compassion for their needs and struggles.
- Pray that God help you reflect on your feelings and let go of any grudges, resentments, and anger or bitterness towards others.

Role-play

- Conversation Starter: What are small ways you can be kind?
Thought Challenge: Does smiling at someone show kindness?
- Conversation Starter: What is compromise and forgiveness?
Thought Challenge: How can you practice being kind and gentle?

Lessons

- Kindness in our daily interactions and relationships with family and others reflects God's character and can transform lives.
- God wants us to accept all people through kindness and gentleness, no matter their background or our differences.

Take-away: Kindness & Gentleness (Ruth)

Pursue righteousness, godliness, faith, love, steadfastness, gentleness. (1 Tim. 6:11)



Show
kindness
and
compassion
to others
with
gentleness.

Scripture: Kindness & Gentleness (Ruth)



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But Ruth said, "Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. May the LORD do so to me and more also if anything but death parts me from you." (Ruth 1:16-17)

The LORD repay you for what you have done, and a full reward be given you by the LORD, the God of Israel, under whose wings you have come to take refuge!" (Ruth 2:12)

And he said, "May you be blessed by the LORD, my daughter. You have made this last kindness greater than the first in that you have not gone after young men, whether poor or rich. (Ruth 3:10)

Then the women said to Naomi, "Blessed be the LORD, who has not left you this day without a redeemer, and may his name be renowned in Israel! He shall be to you a restorer of life and a nourisher of your old age, for your daughter-in-law who loves you, who is more to you than seven sons, has given birth to him." (Ruth 4:14-15)

And the women of the neighborhood gave him a name, saying, "A son has been born to Naomi." They named him Obed. He was the father of Jesse, the father of David. (Ruth 4:17)

By faith he went to live in the land of promise, as in a foreign land, living in tents with Isaac and Jacob, heirs with him of the same promise. For he was looking forward to the city that has foundations, whose designer and builder is God. (Heb. 11:9-19)