

### Tips and Tricks:

The sermon notes are designed to be used as a guide for discussion. Don't feel like you have to use every question. Some questions will take a while to work through and others will be over in a few seconds.

1. Don't teach the lesson. The sermon was just preached. Just ask the questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Don't forget to laugh and crack up. Relationships, not curriculum, are the heartbeat of our ministry. Remember: We have to build a relational bridge strong enough to hold the truth!

### Agenda for Group Time

1. Ice Breaker - Lighthearted ice breaker question (10 minutes)
2. Discussion - Bible study, sharing and application. (25 Minutes)
3. Prayer - Pray together (5 minutes)
4. Planning - Remember to talk about what's coming up.

### Icebreaker

What's something you do that really helps you relax?

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Question: How I know I'm stressed:

- Bruises on my dog.
- My Oreos are gone before I get to the checkout.
- I put the coffee pot in the refrigerator.
- The fast food receipts in my car.
- None of your business!
- Other: \_\_\_\_\_

Read Ruth 3 together as group

### The Work for Rest

Ruth 3:1

*[1] Then Naomi her mother-in-law said to her, "My daughter, should I not seek rest for you, that it may be well with you?"*

Question: What are Naomi and Ruth seeking after?

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The quest for rest is a search for "wellness and wholeness". It is the opposite of emptiness, alienation, and brokenness. Rest is the opposite of what Ruth and Naomi have experienced for much of this story.

Where else in the Bible is the concept of rest taught? Why is "rest" so important in Scripture?

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Ruth 3:3-5

*Wash therefore and anoint yourself, and put on your cloak and go down to the threshing floor, but do not make yourself known to the man until he has finished eating and drinking. [4] But when he lies down, observe the place where he lies. Then go and uncover his feet and lie down, and he will tell you what to do." [5] And she replied, "All that you say I will do."*

What do you think of Naomi's plan? Would you ask your daughter to do this? What risks is Ruth going to have to take?

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Question: In what ways have you sought after rest?

- Through my career
- By always saying yes to people when they ask me to do something
- Through a habit
- Through recreation
- Other: \_\_\_\_\_

### **The Gift of Rest:**

Ruth carried out Naomi's plan to perfection - except for one detail. How did Ruth veer from the plan?

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Ruth 3:9

*He said, "Who are you?" And she answered, "I am Ruth, your servant. Spread your wings over your servant, for you are a redeemer."*

Question: What conclusion has Ruth reached?

- She needs Boaz
- She can't have any rest without help
- She is at the mercy of Boaz
- She is cold and needs a blanket
- Other: \_\_\_\_\_

In what ways is our situation like Ruth and Naomi?

- We need Jesus
- We can't have any rest without help
- We are at the mercy of Jesus
- We get cold at night and need a blanket
- Other: \_\_\_\_\_

Question: How does Jesus give us rest? What do we rest from because of Jesus?

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Question: One thing that might help me loosen my grip and trust God more:

- Realize he cares for me more than I do.
- Spend more time talking things over with him.
- Hang around others who are making progress.
- Believe he can use the pressure I feel for my good.
- Think about some of the promises in Scripture.
- Other: \_\_\_\_\_

### **Work It Out!**

One thing I'll do differently because of this sermon:

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