



Ruth

A Story of Resilience and Redemption

Life Group Study Guide



St. John's
CHURCH



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HOW TO USE THIS GUIDE

FOR LIFE GROUP LEADERS

Leaders, use this Life Group Study Guide to facilitate Christ-centered conversations each week. Feel free to be creative with the questions, using it as a guide or following it word-for-word. Review each week before Life Group starts and pray for your group!

PARTICIPANTS

Feel free to use this Life Group Study Guide during Life Group, take notes during the sermon, or use for continued learning. We hope it blesses you as you grow in your relationship with Jesus and others!

LIFE GROUP LEADER'S GUIDE: 6 TIPS FOR A GREAT LIFE GROUP

*Leading a Life Group is a chance to help others grow in their faith.
Here's a quick guide to creating meaningful gatherings based on
Bill Search's 6 Tips for a Great Small Group.*

1. Use Curriculum

- Provides structure and biblical teaching.
- Review materials ahead of time and tailor them to your group.

2. Lead Great Discussions

- Create a respectful and open environment.
- Keep discussions focused and involve everyone.

3. Ask Great Questions

- Use open-ended questions to spark deeper thinking.
- Follow up with questions that encourage application.

4. Listen

- Show care by listening without interrupting.
- Reflect back what you hear to ensure understanding.

5. Study the Bible

- Keep God's Word central.
- Read Scripture together and discuss its meaning and application.

6. Pray Together

- Begin and end with prayer.
- Share specific requests and pray in smaller groups when needed.

*Your leadership makes an eternal impact. Stay faithful, rely on God,
and trust He's working through you!*

*"Let us consider how we may spur one another on toward love and good deeds..."
—Hebrews 10:24-25*

RUTH: A STORY OF RESILIENCE AND REDEMPTION

OVERVIEW

The book of Ruth is a story of loss, loyalty, redemption, and God's quiet but powerful faithfulness. Set during the time of the Judges—a period marked by spiritual compromise and instability—Ruth reveals how God works through ordinary people, faithful love, and covenant promises to bring about redemption.

Ultimately, Ruth points us to Jesus, our True Redeemer, who welcomes the outsider, restores the broken, and secures a future filled with hope.

This Life Group Study Guide follows the Ruth sermon series week by week. Each gathering is structured to engage the Head (biblical understanding), Heart (personal reflection), and Hands (faithful response), with same-gender Huddle Groups for deeper accountability and prayer.

RUTH WEEK 1

A FAMILY IN FAMINE

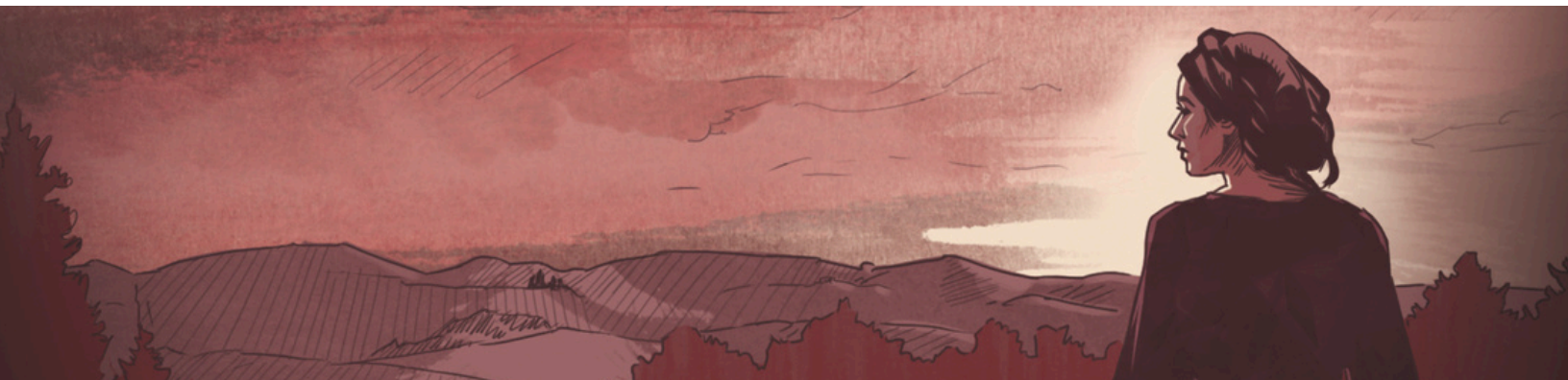
Opening Prayer

Lord, in seasons of loss and uncertainty, help us trust that You are still at work. Open our hearts to Your faithfulness, even when life feels empty. Amen.

Read the Text

Ruth 1:1–5

Feel free to take any notes below:



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A FAMILY IN FAMINE

- HEAD**
1. What spiritual condition characterized Israel during the time of the Judges?
 2. What losses does Naomi experience in these opening verses?
 3. How does famine affect both physical and spiritual circumstances in this passage?

- HEART**
1. How do you typically respond when life feels unstable or stripped of security?
 2. Where have you experienced disappointment that tested your trust in God?
 3. How might you resonate with Naomi in the story of her loss?

- HANDS**
1. How can God meet you in your current season?
 2. Where might God be inviting you to remain faithful despite uncertainty?
 3. How can this group pray for you during this season, whether in good or bad circumstances?

- HUDDLE** Break off into same-gender huddle groups and discuss:
1. Where do you most feel spiritual famine right now, and what support do you need?

RUTH WEEK 1

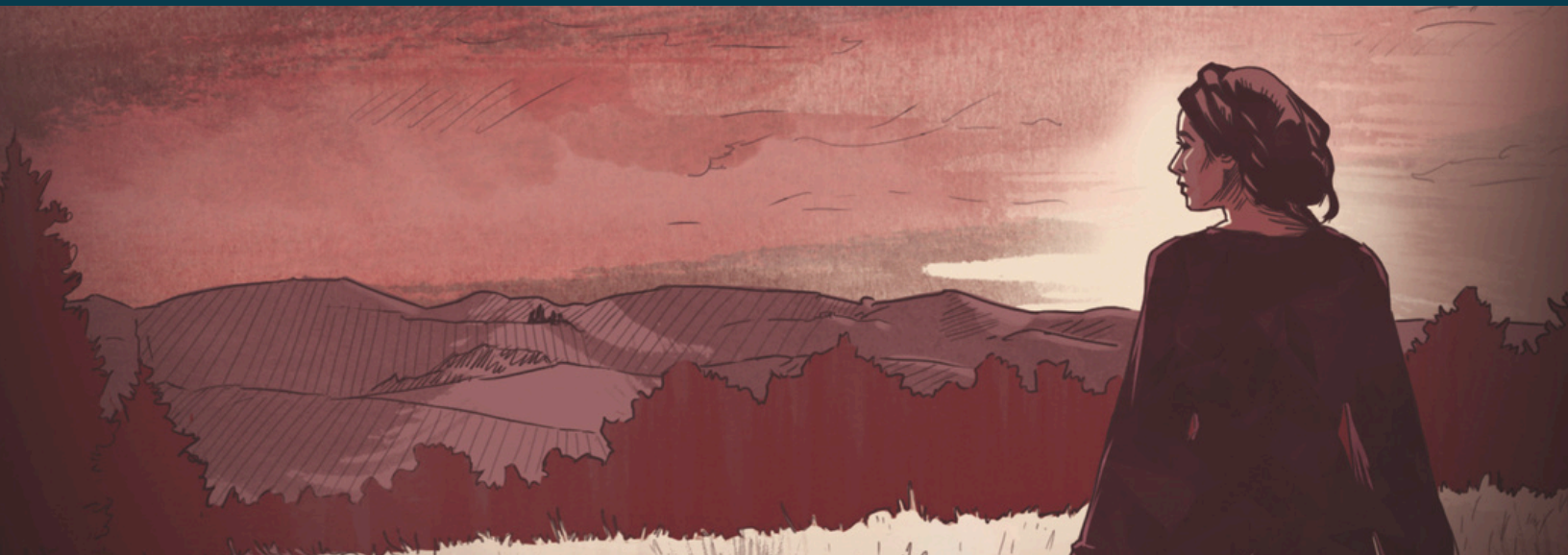
A FAMILY IN FAMINE

MEMORY VERSE

"The Lord had visited His people
and given them food." -Ruth 1:6

SPIRITUALLY VIBRANT HOME

Talk together about how your
household responds to hardship. Pray
for trust and faithfulness in lean
seasons.



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RUTH WEEK 2

FROM BITTER TO BETTER

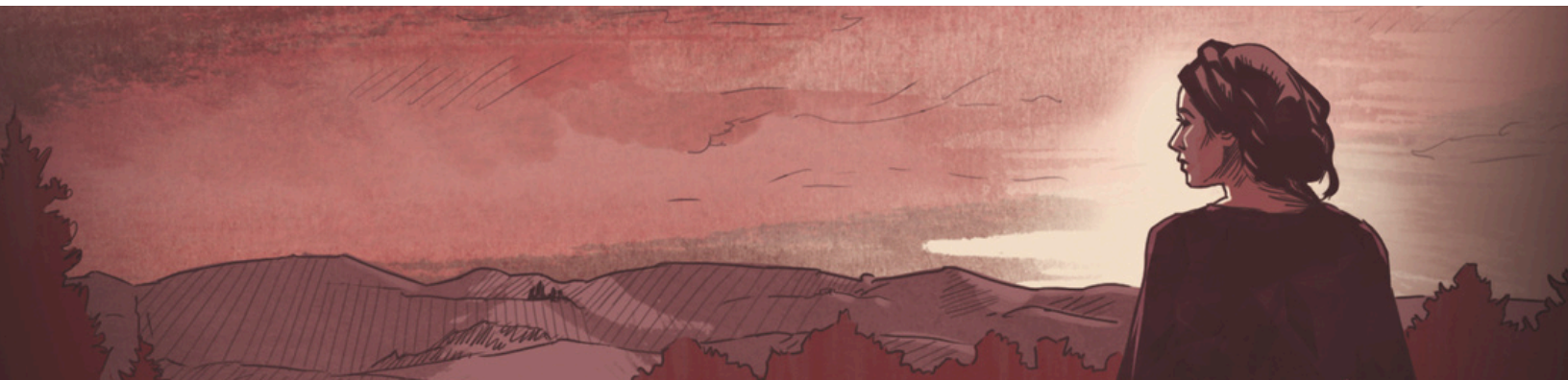
Opening Prayer

God, meet us in our bitterness and remind us that You have not abandoned us. Soften our hearts to receive Your grace. Amen.

Read the Text

Ruth 1:6–14

Feel free to take any notes below:



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FROM BITTER TO BETTER

- HEAD**
1. Why does Naomi describe her life as bitter?
 2. What do Orpah and Ruth's decisions reveal about grief and loyalty?
 3. How does Naomi interpret God's actions in her life?

- HEART**
1. When have you felt bitter toward God or life circumstances?
 2. How do you usually process grief? With others or alone?
 3. What does this passage stir in you about honesty before God?

- HANDS**
1. Where might God be inviting you to move from bitterness toward hope?
 2. Who has God placed in your life as a reminder that you are not alone?
 3. What step of trust could you take this week, even in the midst of uncertainty?

- HUDDLE** Break off into same-gender huddle groups and discuss:
1. What bitterness do you need to name before God right now?

RUTH WEEK 2

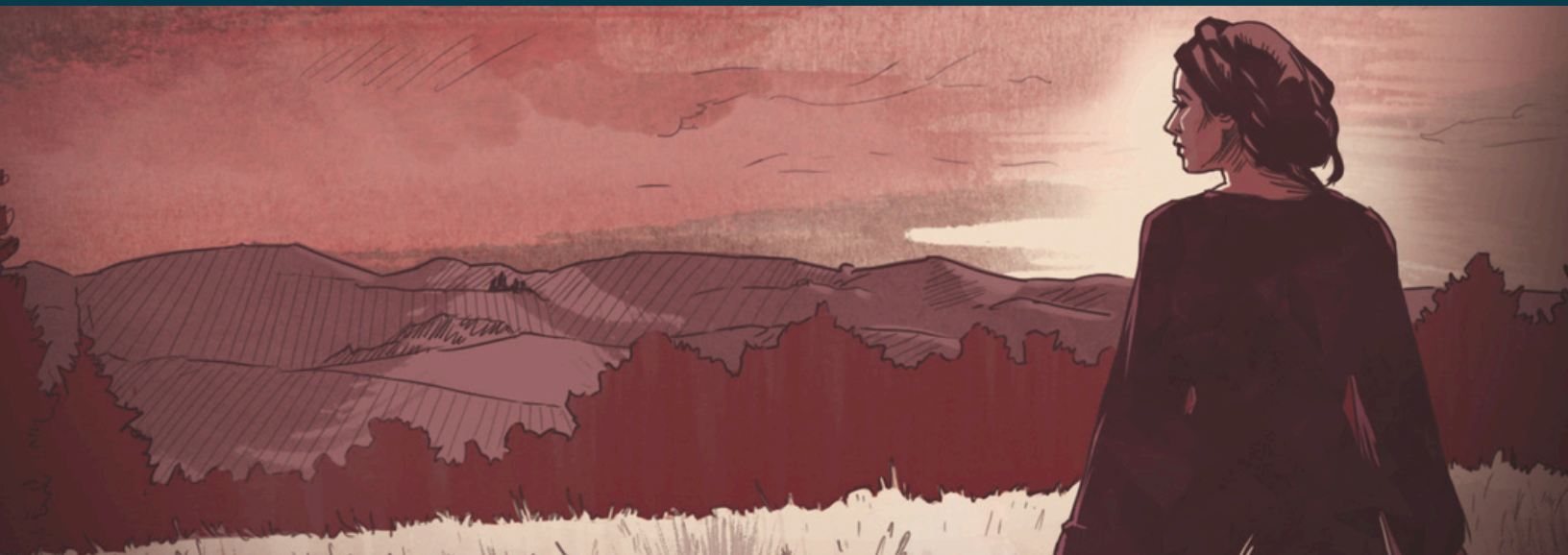
FROM BITTER TO BETTER

MEMORY VERSE

“Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me.” -Ruth 1:20

SPIRITUALLY VIBRANT HOME

Practice naming both grief and gratitude together in prayer this week.



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RUTH WEEK 3

YOUR PEOPLE SHALL BE MY PEOPLE

Opening Prayer

Faithful God, thank You for welcoming us when we were outsiders. Teach us to live with loyalty, love, and hospitality. Amen.

Read the Text

Ruth 1:15–22

Feel free to take any notes below:



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YOUR PEOPLE SHALL BE MY PEOPLE

- HEAD**
1. What words stand out to you in Ruth's declaration to Naomi?
 2. Why is Ruth's commitment so radical in its cultural context?
 3. How does this passage highlight God's heart for the outsider?

- HEART**
1. What fears might Ruth have faced in choosing Naomi's people and God?
 2. Where has God called you to follow Him at personal cost?
 3. How does Ruth's faith challenge your own trust in God?

- HANDS**
1. How can you extend hospitality to someone seeking belonging?
 2. Whom might God be inviting you to walk alongside in faith this season?
 3. How can our group reflect God's welcoming love to those who might be outsiders?

- HUDDLE**
- Break off into same-gender huddle groups and discuss:
1. What holds you back from fully surrendering your future to God?

RUTH WEEK 3

YOUR PEOPLE SHALL BE MY PEOPLE

MEMORY VERSE “Your people shall be my people, and your God my God.” -Ruth 1:16

**SPIRITUALLY
VIBRANT HOME** Invite someone into your home or life this week as an act of hospitality.



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RUTH WEEK 4

BOAZ, A WORTHY MAN

Opening Prayer

Lord, shape us into people of integrity and faithfulness. Teach us what it means to live worthily under Your reign. Amen.

Read the Text

Ruth 2:1–7

Feel free to take any notes below:



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BOAZ, A WORTHY MAN

- HEAD**
1. How is Boaz introduced, and why is that significant?
 2. What do you think “worthy” means in the context of this passage?
 3. How does Boaz reflect God’s character?

- HEART**
1. Who has modeled godly character for you in your life?
 2. How do cultural views of worth differ from biblical worthiness?
 3. Where do you feel challenged by Boaz’s example of character?

- HANDS**
1. What does integrity and living a worthy life look like for you this week?
 2. Where can men and women reflect Christlike strength and care?
 3. How can this group encourage godly leadership?

- HUDDLE**
- Break off into same-gender huddle groups and discuss:
1. What does godly character look like in your current season of life? Where might you struggle to show godly character?

RUTH WEEK 4

BOAZ, A WORTHY MAN

MEMORY VERSE

"The Lord be with you!" -Ruth 2:4

SPIRITUALLY VIBRANT HOME

Discuss what Christ-centered character looks like in everyday life.



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RUTH WEEK 5

THE FAVOR FOR A FOREIGNER

Opening Prayer

God of grace, help us see and love those on the margins as You do.
Amen.

Read the Text

Ruth 2:8–19

Feel free to take any notes below:



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THE FAVOR FOR A FOREIGNER

- HEAD**
1. How does Boaz show favor to Ruth?
 2. Why would Ruth's experience be unexpected for a foreigner?
 3. How do Boaz's actions reveal God's inclusive grace?

- HEART**
1. When have you experienced undeserved kindness?
 2. How do you view people who are different from you?
 3. Where might God be expanding your compassion toward others who might be different than you?

- HANDS**
1. Who can you intentionally show kindness to this week?
 2. How can you advocate for those who are overlooked within our church, community, or in your circles of influence?
 3. What practical step can you take this week to reflect God's inclusive love?

- HUDDLE**
- Break off into same-gender huddle groups and discuss:
1. Where do you struggle to show grace to others?



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RUTH WEEK 5

THE FAVOR FOR A FOREIGNER

MEMORY VERSE

"The Lord repay you for what you have done, and a full reward be given to you by the Lord!" -Ruth 2:12

SPIRITUALLY VIBRANT HOME

Look for tangible ways to care for someone in need together.



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RUTH WEEK 6

A REDEEMER WHO PROTECTS

Opening Prayer

Redeeming God, thank You for Your protection and provision. Help us trust in Your care. Amen.

Read the Text

Ruth 2:20–23

Feel free to take any notes below:



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A REDEEMER WHO PROTECTS

- HEAD**
1. What is a kinsman-redeemer?
 2. Why is Boaz's role significant for Ruth and Naomi?
 3. How does this passage reveal God's protective care?

- HEART**
1. Where do you need God's protection right now?
 2. How does knowing God is your Redeemer bring comfort?
 3. What fears surface when the future feels uncertain? How have you felt comforted even in the face of fear?

- HANDS**
1. How can you rest in God's provision this week?
 2. Where might God be inviting you to trust rather than strive to do it your own way?
 3. How can you remind others of God's faithfulness?

- HUDDLE** Break off into same-gender huddle groups and discuss:
1. What areas of your life need to be surrendered to God's protection and care?

RUTH WEEK 6

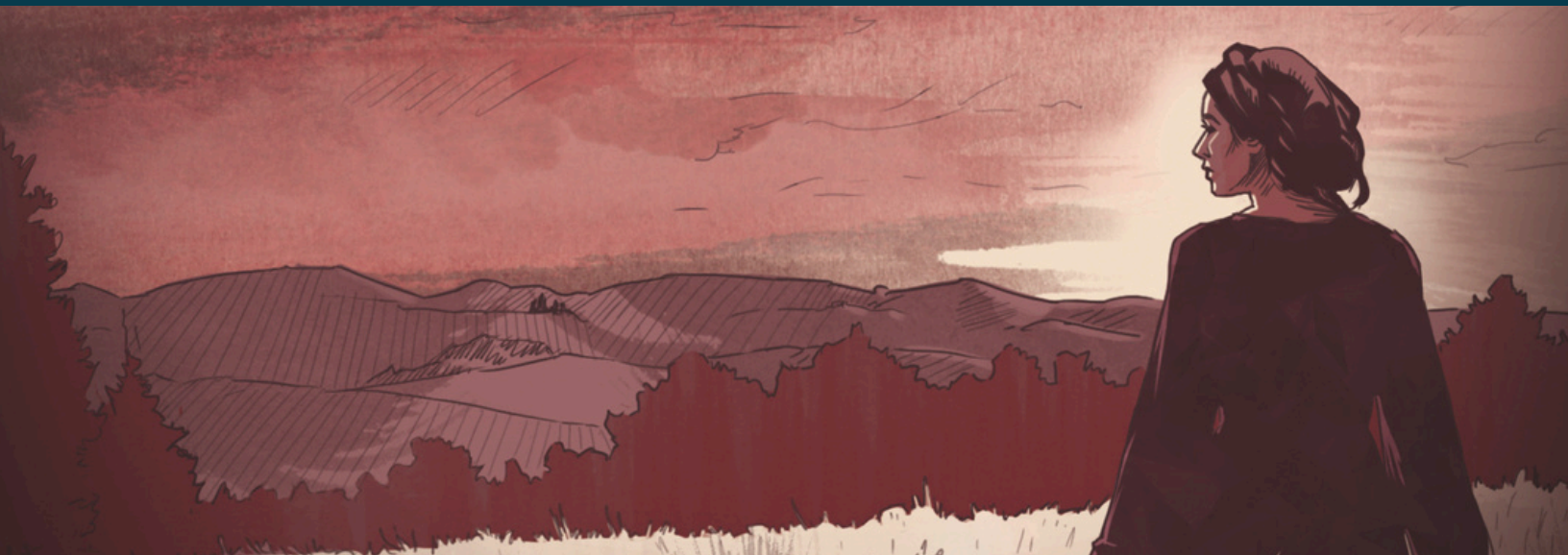
A REDEEMER WHO PROTECTS

MEMORY VERSE

"May he be blessed by the Lord,
whose kindness has not forsaken
the living or the dead!" -Ruth 2:20

SPIRITUALLY VIBRANT HOME

Pray together for God's protection and
provision over your household.



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RUTH WEEK 7

SCANDALOUS GRACE

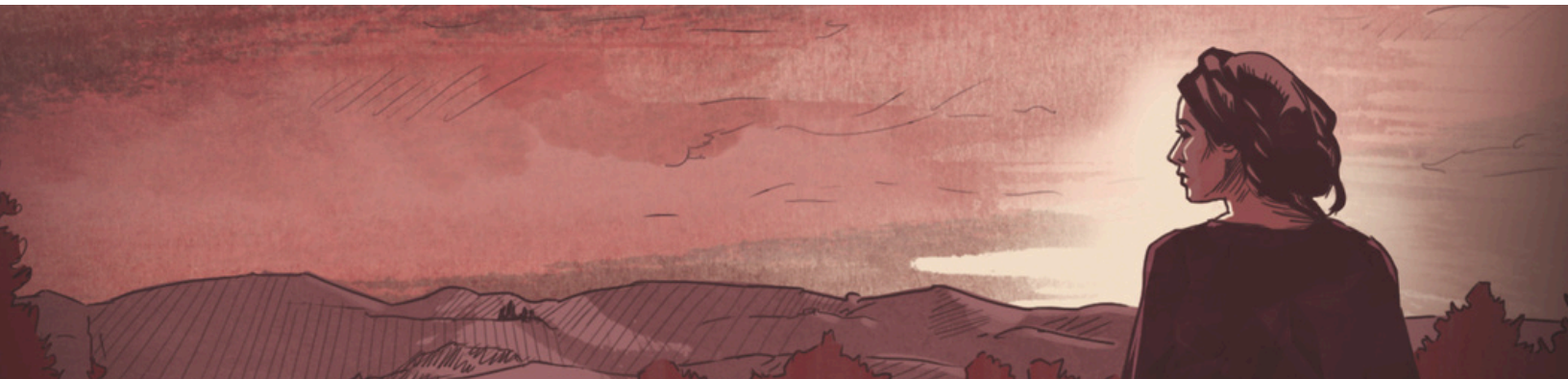
Opening Prayer

God of grace, thank You for working through imperfect people and situations. Teach us to trust Your ways. Amen.

Read the Text

Ruth 3:1-13

Feel free to take any notes below:



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SCANDALOUS GRACE

- HEAD**
1. What risks does Ruth take in this chapter?
 2. How does Boaz respond to Ruth's request?
 3. What does this passage teach about integrity and patience?

- HEART**
1. When have you tried to control an outcome instead of trusting God?
 2. How do you respond when waiting feels costly?
 3. How have you navigated the reality of God's timing?

- HANDS**
1. Where might God be calling you to wait faithfully?
 2. How can you choose integrity in complex situations?
 3. What step of obedience is God prompting you to lean into?

- HUDDLE** Break off into same-gender huddle groups and discuss:
1. Where are you tempted to rush God's plans?

RUTH WEEK 7

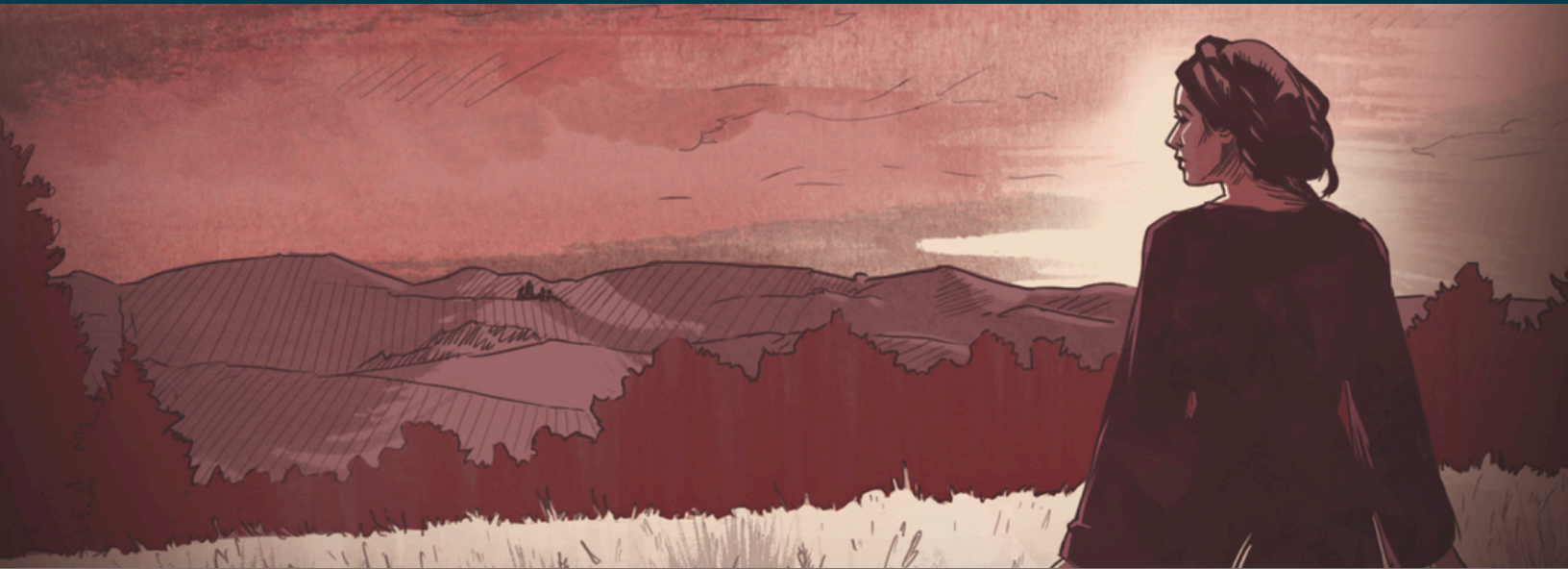
SCANDALOUS GRACE

MEMORY VERSE

"But if he is not willing to redeem you, as the Lord lives, I will redeem you." -Ruth 3:13

SPIRITUALLY VIBRANT HOME

Practice patience together by praying before making decisions.



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RUTH WEEK 8

BOAZ THE PROVIDER

Opening Prayer

Provider God, help us trust that You are at work even when we cannot see the outcome. Amen.

Read the Text

Ruth 3:14-18

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BOAZ THE PROVIDER

- HEAD**
1. How does Boaz continue to care for Ruth and Naomi?
 2. What does Naomi's counsel reveal about trust?
 3. How does provision point to God's character?

- HEART**
1. How do you respond when you are asked to wait?
 2. Where have you seen God provide unexpectedly?
 3. What worries do you need to release to God?

- HANDS**
1. How can you practice trust rather than anxiety this week?
 2. Who can you encourage while waiting on God's provision?
 3. What does faithful waiting look like for you?

- HUDDLE**
- Break off into same-gender huddle groups and discuss:
1. What is hardest for you to wait on God for? And how have you seen God's answer in the waiting?

RUTH WEEK 8

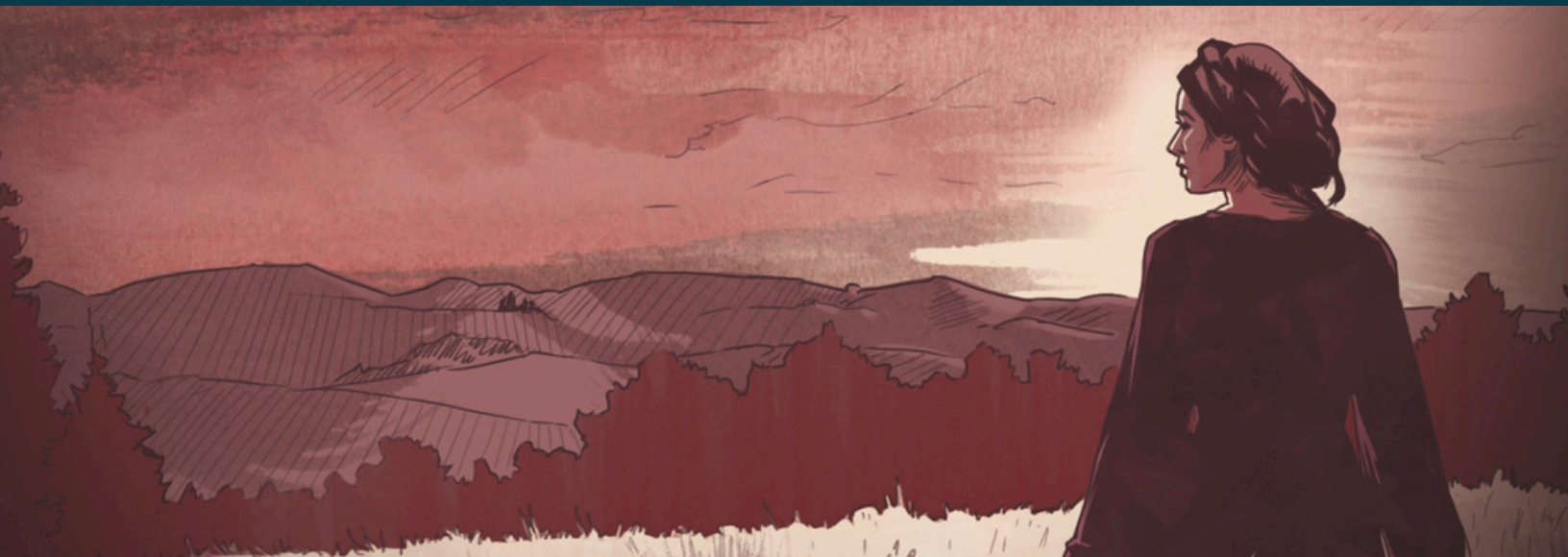
BOAZ THE PROVIDER

MEMORY VERSE

"Wait, my daughter, until you learn
how the matter turns out." -Ruth 3:18

SPIRITUALLY VIBRANT HOME

Share stories of God's provision
together.



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RUTH WEEK 9

THE SANDAL COVENANT

Opening Prayer

Faithful God, thank You for fulfilling Your promises through covenant love. Amen.

Read the Text

Ruth 4:1-12

Feel free to take any notes below:



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THE SANDAL COVENANT

- HEAD**
1. The city gate was the public place where legal decisions were made and witnessed by the community. Why do you think it mattered that Boaz handled Ruth and Naomi's redemption publicly at the gate instead of privately?
 2. Why does the unnamed redeemer decline?
 3. What is the significance of the sandal exchange?

- HEART**
1. How do you respond when doing the right thing might cost you comfort, security, or reputation?
 2. How have we seen God's covenant commitment to His people?
 3. How have you seen God's faithfulness in your life recently?

- HANDS**
1. Where might God be asking you to choose faithfulness over comfort?
 2. How can you honor commitments this week?
 3. What does obedience look like in your relationships?

- HUDDLE**
- Break off into same-gender huddle groups and discuss:
1. What commitments are hardest for you to keep?

RUTH WEEK 9

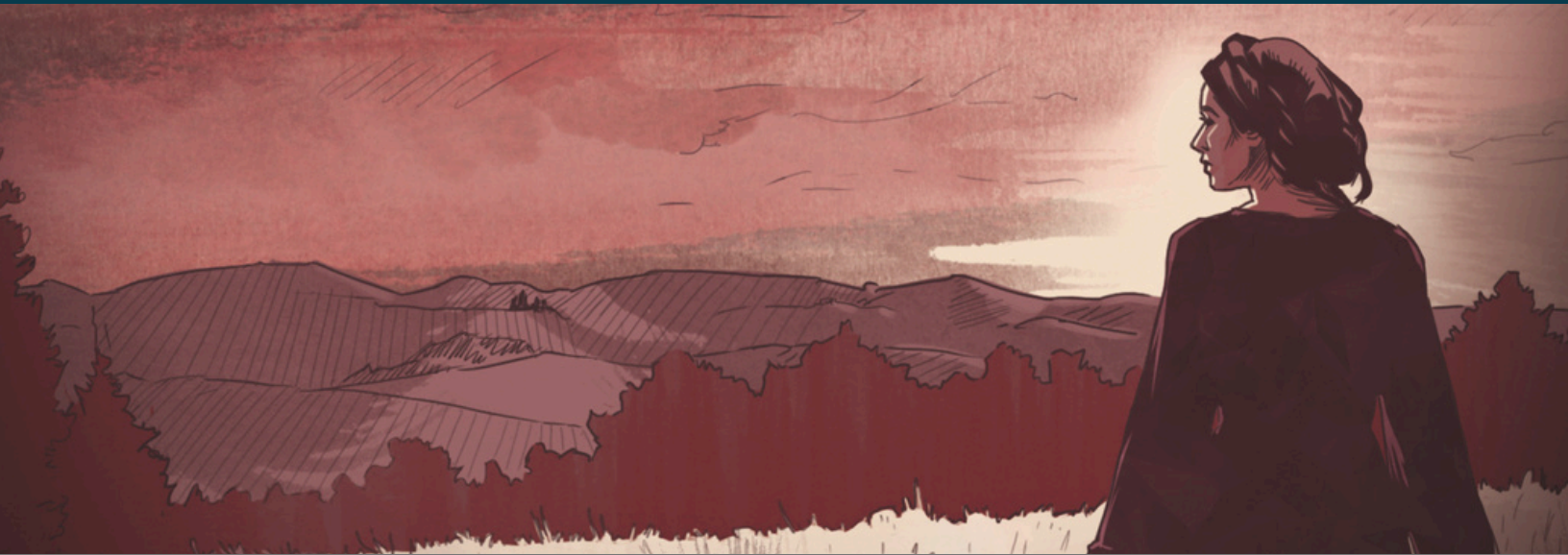
THE SANDAL COVENANT

MEMORY VERSE

"We are witnesses." -Ruth 4:11

SPIRITUALLY VIBRANT HOME

Talk about the importance of keeping promises in your household.



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RUTH WEEK 10

THE TRUE REDEEMER

Opening Prayer

Jesus, our Redeemer, thank You for restoring what was lost and giving us hope for the future. Amen.

Read the Text

Ruth 4:13-22

Feel free to take any notes below:



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THE TRUE REDEEMER

- HEAD**
1. How does God redeem Naomi's story?
 2. Why is the genealogy significant?
 3. How does the book of Ruth ultimately point to Christ?

- HEART**
1. How does this ending reshape the pain at the beginning of the story?
 2. Where have you seen God bring redemption from loss?
 3. What hope does this give you for your future?

- HANDS**
1. How can you live with confidence in Christ's redemption?
 2. Who needs to hear a story of God's restoring grace?
 3. How will this series shape how you trust God moving forward?

- HUDDLE** Break off into same-gender huddle groups and discuss:
1. What part of your story do you want God to redeem? What part of your story is God still actively working on?

RUTH WEEK 10

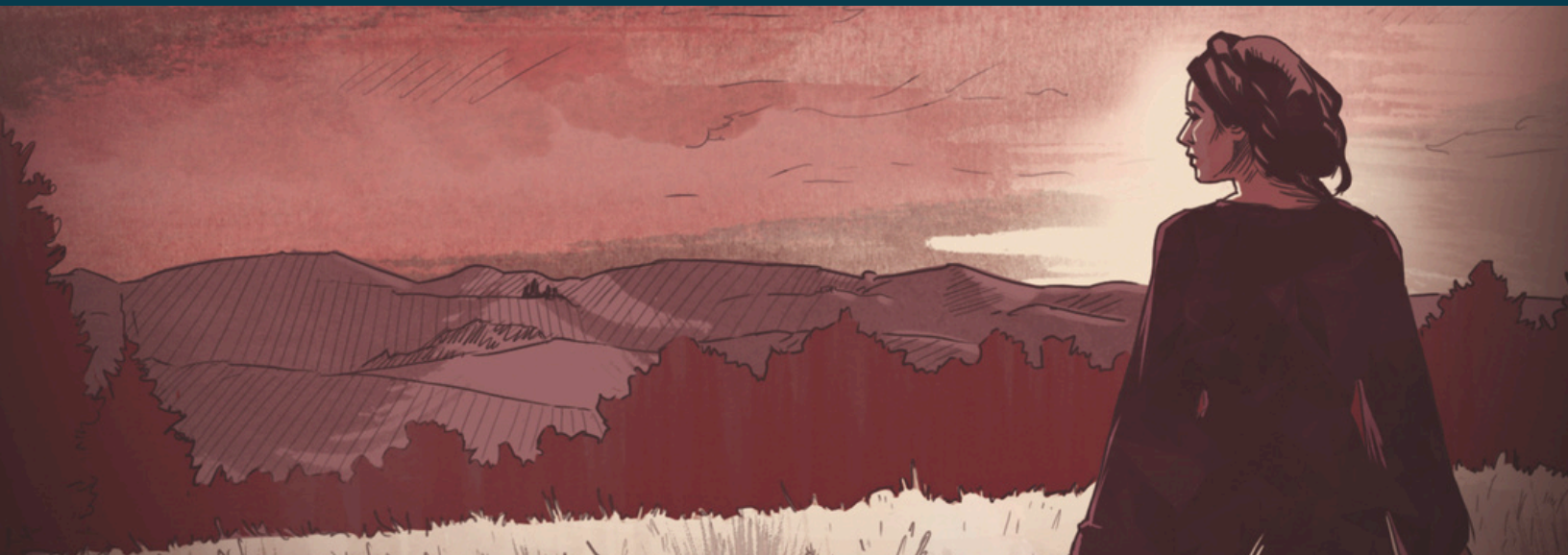
THE TRUE REDEEMER

MEMORY VERSE

"Blessed be the Lord, who has not left you this day without a redeemer, and may his name be renowned in Israel!" -Ruth 4:14

SPIRITUALLY VIBRANT HOME

Celebrate God's redemption by sharing testimony and prayer together.



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