

**Sermon Discussion Guide**  
**100 Day Challenge: The Backstory**  
**Week 6 – Judges & Ruth**  
**February 14, 2021**



 **Big Idea**

Difficult times can produce resilient people, and a friend makes the heaviest burden lighter.

 **Icebreaker**

Who are your favorite friends in popular media (book, TV, movie, etc.)? Why do you enjoy their friendship?

 **Discussion Questions**

1. Read **Ruth 1:3-5**. Difficult times can produce resilient people, but the book of Ruth shows us that it takes more than just difficulty to grow a person. What makes the difference between developing resiliency and strength versus hurt and bitterness?
2. Read **Ruth 1:8-13**. Sending away the only people she had left was a difficult decision for Naomi, but it was the right one. When have you had to make a difficult decision that you knew was the right thing to do? Are there any difficult decisions you're facing now that your group can pray for?
3. Read **Ruth 1:15-17**. The Hebrew word *hesed* used in Ruth (1:8, 2:20, 3:10) is roughly translated to "kindness," but a more appropriate translation may be "special favor" or "loyalty." Ruth's friendship to Naomi was filled with *hesed*. Who is a loyal friend to you? How can you thank them this week?
4. Even though Ruth was the despised foreigner, the book was named after her rather than Naomi the Israelite. What does this tell us about God's priorities?
5. Read **Ruth 4:14-16**. Ruth's loyal friendship resulted in Naomi being a mother again and the bloodline continuing to King David. How has God used people to bless you during this difficult season?

 **Concluding Questions**

Throughout the books of Judges and Ruth, we see the Israelites had major problems on a national level and incredible pain on a personal level. How can this story of friendship encourage us during a trying time that parallels Israel's? How can you be a friend to those who need it right now?

 **Application**

1. What do you think the Holy Spirit may be saying to you through this sermon and our discussion?
2. What is something God wants you to do now?
3. Beyond prayer for each other, is there a way we can help each other apply what God is showing us?

 **Prayer**

Possible prayer topics for this week:

- Gratitude for loyal friends
- Recognizing opportunities to bless others
- Influential women in your life
- Building resiliency through difficulty
- Strength to make difficult decisions
- Recognizing God's plan