

# Life Group Discussion Guide

Healing Well - November 1

## LEADER NOTES

This week is the beginning of a new series called Healing Well. Over the next several weeks, we will be inviting professional voices to speak into the process of healing for emotional, relational, and spiritual wounds. Pastor David Grigg opened the series by discussing the importance of recognizing our pain and beginning the process of healing.

Make sure your group members are aware that during this series we will be offering an online group called Facing Anxiety. This is a 4-week, low commitment (no homework) group that will help people who are overwhelmed with the circumstances of life find peace and hope. More info and registration at [alcpnw.com/facinganxiety](http://alcpnw.com/facinganxiety)

## QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time, caught your attention, challenged you, or confused you?

## THIS WEEK'S TEXT

### Ruth 1:18-22

*When Naomi saw that Ruth was determined to go with her, she said nothing more.*

*<sup>19</sup> So the two of them continued on their journey. When they came to Bethlehem, the entire town was excited by their arrival. "Is it really Naomi?" the women asked.*

*<sup>20</sup> "Don't call me Naomi," she responded. "Instead, call me Mara, for the Almighty has made life very bitter for me. <sup>21</sup> I went away full, but the Lord has brought me home empty. Why call me Naomi when the Lord has caused me to suffer and the Almighty has sent such tragedy upon me?"*

*<sup>22</sup> So Naomi returned from Moab, accompanied by her daughter-in-law Ruth, the young Moabite woman. They arrived in Bethlehem in late spring, at the beginning of the barley harvest.*

### 4:13-17

*So Boaz took Ruth into his home, and she became his wife. When he slept with her, the Lord enabled her to become pregnant, and she gave birth to a son. <sup>14</sup> Then the women of the town said to Naomi, "Praise the Lord, who has now provided a redeemer for your family! May this child be famous in Israel. <sup>15</sup> May he restore your youth and care for you in your old age. For he is the son of your daughter-in-law who loves you and has been better to you than seven sons!"*

*<sup>16</sup> Naomi took the baby and cuddled him to her breast. And she cared for him as if he were her own. <sup>17</sup> The neighbor women said, "Now at last Naomi has a son again!"*

*And they named him Obed. He became the father of Jesse and the grandfather of David.*

## LOOK UP

Why would Naomi believe it was God that caused her to suffer? Have you ever had similar thoughts when facing hardship?

## LOOK AROUND

When thinking of your own experience and that of your family, neighbors, and co-workers, what has been the most difficult part of 2020?

Do you find it difficult to take the time to process your pain? Why or why not?

As you look back, in what ways has God been covertly active in your life that you may not have noticed at the time?

## LOOK AHEAD

What steps do you need to take individually and as a group to prepare for this series as we look to (a) identify pain that needs healing and (b) begin the process of healing through healthy next steps?

## PRAYER