1. Read Ruth 1:1-5. You are Naomi. Take five minutes in complete silence to imagine living the ten years described here.

2. After you've imagined being Naomi for five minutes, how do you feel?

3. You are not Naomi. You are you. What are the most broken parts of your life—the parts that you obsess about or try to forget, but that trouble your soul?

4. When you think of these parts of your life, what do you think about God? (Whether you voice this to anyone else or not, be honest with yourself.)

5. Read Ruth 1:6-22. Were there reasons for Naomi to believe that God was for her?

6. Take a look at your life. Can you identify possible expressions of God's kindness to you?

7. Are there other reasons for you to believe that God is for you?

8. Would you be willing to share your reflections with a few safe people?