



**All In - Series Part 7**  
**Bethany Brigham/Life Group Ministry Leader**  
**October 13, 2019**  
**Key Passage: The Book of Ruth**

An Overview: The Book of Ruth

*“In the days when the judges ruled, there was a famine in the land.” Ruth 1:1*

Ruth 1:1-1:5

The Fall of the House of Elimelech: **If you seek to trust God more, fortify your mind as to the nature of his character.**

Ruth 1:6-18

Living a Life Like Ruth: **Live a life of God’s *hesed* where your commitment to follow Jesus is one of going “All In”.**

Ruth 1:19-22

Naomi, Mara and Ruth: **God invites your utter honesty and raw dialogue, but choose to cultivate trust rather than clarity in your journey with Him.**

Ruth 2:1-19

In Him Is Strength: **Our God is a God of welcome and refuge who extends his *hesed* to the poor, the widow, and the immigrant through us.**

Ruth 2:20-3:18

Choosing to Live Life God’s Way: **Choose to live life God’s way. The way will be murky so stay in step with Him. Know who you are, whose you are, and what your purpose is.**

Ruth 4:1-12

The Redeemer: **In order to be part of Jesus’ redemption there is a path we must walk and a cost we must pay.**

Ruth 4:13-22

An Ordinary Life: **God uses the faithfulness of ordinary people to do great things.**

*“Praise be to the Lord, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel! He will renew your life and sustain you in your old age. For your daughter-in-law, who loves you and who is better to you than seven sons, has given him birth.” Ruth 4:14-15*

## The Daily Examen

Adapted from St. Ignatius of Loyola

The Daily Examen is a prayer practice that reflects on the events of the day. It invites us to find the movement of God in all the people and events that took place. At the end of each day the examen serves as a way of increasing awareness of God's presence and movement toward us in very ordinary experiences.

1. Recognize God's loving presence.
2. Give God thanks and gratitude.
3. Looking over your day, find a consolation and a desolation.
  - a. Consolation- A moment, memory, or experience in which we felt God moving toward us or in us. What might God want to say to you through this?
  - b. Desolation- A moment, attitude or experience in our day in which we found ourselves moving away from God's love and presence. Receive God's invitation to grace so as not to be overwhelmed or overcome by it.
4. Pray into the place where you experienced desolation.
5. Invite God into your day tomorrow.

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” Lamentations 3:22-23

