

Ruth

a story of redemption

Sample SOAP Journal Entry: “Unselfish Love”

Scripture

RUTH 1:11-13

“But Naomi said, “Return home, my daughters. Why would you come with me? Am I going to have any more sons, who could become your husbands? Return home, my daughters; I am too old to have another husband. Even if I thought there was still hope for me – even if I had a husband tonight and then gave birth to sons – would you wait until they grew up? Would you remain unmarried for them? No, my daughters, it is more bitter for me than for you, because the Lord’s hand has turned against me.”

Observations

A famine caused Elimelek (Naomi’s husband), along with Naomi and their two sons to escape from Bethlehem to Moab. While in Moab, Naomi’s husband died, and she was left with her two sons, who married Moabite women, Orpah and Ruth. After 10 years, both of her sons died, and she was left with her daughter-in-laws.

Somehow, Naomi heard about how the Lord rescued her people, by providing food for them, and she desired to return home. She sets off with her two daughter-in-laws, but then she unselfishly stops and tells them to “go back, to your mother’s home.” (v. 8) Though Naomi is feeling hopeless about her own life and future, she unselfishly wants something better for her two daughter-in-laws. They cry. Orpah ends up leaving Naomi to go home; but Ruth clings to Naomi.

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Application

- I can wrestle with life and circumstances, feeling bitter, as Naomi did. But, even in the midst, I can choose to take my eyes off my circumstances and feelings and focus unselfishly on others by looking out for them, encouraging them, giving them hope.
- Love others unselfishly. Check my heart - do I want what is best for others, not just for myself? Do I pray for and bless others? Love cares deeply and wants the best for the other person -even if the process is hard and involves sacrifice.

Prayer

Father, thank you for your Son, Jesus, who is our ultimate example of unselfish love. Forgive me for the times that I live and love selfishly, focused on my own needs and desires. Lord, I ask for the grace and the power to love as Jesus does - to truly desire the best for others. In Jesus' Name I pray, Amen.

