

# Mother's day



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Week 1 – Running on Empty

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## Introduction:

### When You Feel Like You're Running on Empty...

1. Be \_\_\_\_\_ with God – but don't \_\_\_\_\_ away from Him (vs. 1-13)
  
2. Never lose \_\_\_\_\_ of your true \_\_\_\_\_  
(vs. 14-21)
  
3. Always trust that \_\_\_\_\_ days are \_\_\_\_\_  
(vs. 22)

### The Big Idea:

When you feel like you're running on empty, your honesty with God, identity in Christ and hope for the future are the keys to perseverance. Even when you're at your weakest, you're never truly empty. You are filled with His life!

## QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION

### Personal Life:

1. Have you ever read the Book of Ruth or is this your first time going through it? When you think about exploring the story of two prominent female characters from the Old Testament, what are your expectations? Discuss...

### Ponderings:

2. The story of Naomi and her daughter-in-law Ruth is a story of hope, perseverance and overcoming. Was there anything so far about their story of heartache and loss that you could identify with?
3. Going to hard times tends to either drive people apart or bring them together. Have you ever experienced a crisis with someone that ended up bonding you closer together relationally? Please share about it if you are willing...
4. Naomi bravely expressed her frustration with God in the midst of her crisis. In what ways might unhealthy religious environments discourage honesty in our grieving? Have you ever seen or experienced this?
5. Of the three major take-aways from the first chapter of Ruth, is there one that you can particularly relate to right now and if so, how?
  - Be honest with God but don't run from Him
  - Never lost sight of your true identity
  - Always trust that better days are ahead

### Promptings:

6. How do you get your emotional tank filled when it feels like you're running on empty? How might God use you as an instrument this week to be a source of filling for someone else who feels empty?