



# Faith Adventures Youth Resource

*Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home and beyond.*

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link: <https://urc.org.uk/wp-content/uploads/2023/01/Faith-Adventures-How-To-FAYR.pdf>

## Book of Ruth

**Theme:** Ruth: The ordinary saint

### Contents:

<a href="#">Introduction</a> .....	1
<a href="#">Together</a> .....	2
<a href="#">Experience</a> .....	3
<a href="#">Explore</a> .....	3
<a href="#">Express</a> .....	5

### Introduction: What would be helpful to know before we begin?

#### Ruth

Today, as part of our month looking at saints, we are going to focus on Saint Ruth.

Ruth doesn't fit into the normal 'guidelines' for a saint... she wasn't a Christian (she wasn't even a Jew!) and she didn't perform any miracles. November 1 is the feast day of St. Ruth the Matriarch although St Ruth is not actually the Patron Saint of any particular group – not even Great Grandparents! She has been sanctified not necessarily because of what she did – but because of who she was: the Great Grandmother of King David.

However, she showed many of the traits that we associate with saints. She was kind, she was loyal and she cared for other people – in particular, her mother-in-law, Naomi.

As children, we often have 'relatives' who aren't relatives at all – but are granted that status because of their relationship to the family.

This session will invite your group to explore what it means to have intergenerational relationships – particularly where everyone is treated with equal respect because of what they bring to the relationship, irrespective of their age or knowledge.

Be aware of those amongst your group who may have lost an (older) family member and still feel their loss as well as those who, perhaps, never knew their grandparents. They might have an idealised version of what a grandparent is.

Exploring the story of Ruth provides us with a great opportunity to build stronger links with older members of our church community: adopt a nana/grandpa. What might they bring to the relationship? What might they gain?

This session focus on the character of Ruth rather than any particular scripture passage within the book. Each section references a couple of verses which relate to the activity. To help you as leaders to be informed of Ruth's story it may be wise to either read the book beforehand or watch this overview of the book of Ruth by Bible Project

<https://youtu.be/0h1eoBeR4Jk?si=dH4oFBi9SSxA7E7t>

## Together

Let's start our time with God and each other well

If used in a mixed-age group, then young people can support younger ones in using the gathering prayer in Faith Adventures: Children Together. If used in a youth group, you could use this opening prayer or encourage young people to open the session with a prayer of their own.

*All mighty God,*

*Be with us as we learn more about you through stories and people in the Bible.*

*Help us to walk in your way and follow your path.*

*Be with us as we make decisions that affect our lives, and the lives of those around us.*

*Amen*

### In-person and alternative game

See this week's Faith Adventures : Children Together for suitable games for this theme.

#### Sweet Gleaning

In the story of Ruth, Boaz told his workers to leave extra grain and wheat around the edge of the field for Ruth to come and glean.

*'Ruth the Moabitess, said to Naomi, "Please let me go out to the field and glean grain behind anyone in whose eyes I may find favor."*

*Naomi said to her, "Go ahead, my daughter." <sup>3</sup> So Ruth went out and gleaned in the field behind the reapers. She just so happened to be in the field of Boaz, who was from Elimelech's family.' Ruth 2: 2-3*

This game plays with the idea of taking what you would like (gleaning) as well as an opportunity to think about others before ourselves.

You will need a dice, a card showing the dice rules, and a load of sweets and chocolates (a variety is important).

Sit the group in a circle, on the floor is best.

Place the pile of sweet treats in the centre. Ask if anyone can see their favourites in the pile. Explain that we will each roll take it in turns to roll a dice, then you follow the instruction against the number you roll, only the person rolling the dice makes the move. (This game works best if you kept a fast pace to it.)



- Roll a 1 – take a sweet from the centre
- Roll a 2 – give a sweet from the centre to someone else
- Roll a 3 – take a sweet from the centre
- Roll a 4 – no action taken
- Roll a 5 – take a sweet from someone else's pile
- Roll a 6 – roll again

The game continues until all sweets are removed from the centre or until you say it is finished, depending on how your group are doing.

At the end of the game, you will see that some have lots (like Boaz) and others have little or none (like Ruth and Naomi). Explain to the group that you will not be asking them to put all the sweets in a bowl so that they can be shared out evenly, but you hope that if they see someone in the group is without or has less, that they will practice kindness. (Have a bag of extras ready to bless those who don't have much.)

This game can lead to a good conversation about sharing, be aware that some children may struggle to share for reasons other than selfishness e.g they may have to hoard food as a coping mechanism, they may have autism and will stick to the original rules.

## Experience

Research different versions of this reading on <https://www.biblegateway.com/>  
Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV

**Song Inspired by 'Ruth 1:16** <sup>16</sup> *But Ruth replied, "Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God."*

I am with you by Amy Grant

<https://youtu.be/AdS8UYBDHsk?si=JpacvmuNIKSjNPRG>

### Story

Delve deeper into the story with a short animated overview of the book of Ruth by Bible Project <https://youtu.be/0h1eoBeR4Jk?si=dH4oFBI9SSxA7E7t>

## Explore

Ideas and activities to explore this week's Bible passage together

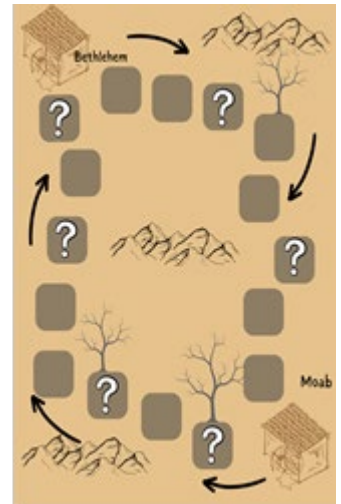
### A new way to explore the theme

You may wish to use the explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

### Ruth Board Game – Ruth 1:1-22

Work in small groups to create your own board game to tell the story of Ruth and Naomi's journey. You could use a template, like the one below, to explore the first journey Naomi made with her family and the journey back from Moab with Ruth; you might prefer to make a simpler board which shows the single journey home from Moab.

- Create a board using a template, a large blank piece of paper or large pieces of paper placed to create a path for a human-sized board game.
- Make an even number of 'chance' spaces, using a question mark symbol.
- Half of your 'chance' squares should have positive actions which mean moving forward a small number of spaces. Discuss as a group what positive things might have happened on Naomi and Ruth's journey (such as; a friend offering them food, them sharing happy memories about their family). Half should be negative actions that could mean having to move backwards (like running out of food or losing a bag). When the group has agreed, write them onto the 'chance' squares.
- Use small world figures or coloured cardboard discs as counters. Take it in turns to roll a dice and move your piece, following any instructions on 'chance' squares. The winner is the first person to reach the final square.
- *If you are making a human-sized board game, you are your own counter. Step the number of spaces that you roll - but you might have to step backwards carefully if you land on a negative 'chance' space. A large foam dice would make the giant game even more fun!*



### Family Tree

Split your group into pairs or work together to make a family tree for Ruth and her mother-in-law Naomi. Use Ruth 1: 1-2; Ruth 2:19-20 and Ruth 4: 13-22 to help you. You could also look for Ruth, Boaz and Obed in Jesus' family tree (Matthew 1:1-16).

### Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that will have been widely seen, or where a clip is available to use as a stimulus for discussion. You may also enjoy the picture book recommended for Faith Adventures: Children Together and explore the relevance of the story to the theme of the session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.

Here is a clip from Moana. Moana is trying to complete her mission and feels like she is alone and failing. Her Grandma appears to her, speaks words of encouragement to her, reminds her who she is, reminds her that she is not alone, where Moana goes, her Grandma goes with her. [https://youtu.be/l2r9ocNYDNI?si=9ju6\\_D12IPNfU-dV](https://youtu.be/l2r9ocNYDNI?si=9ju6_D12IPNfU-dV)

*Ruth 2:11-12 <sup>11</sup> Boaz replied, "I've been told all about what you have done for your mother-in-law since the death of your husband—how you left your father and mother and your homeland and came to live with a people you did not know before. <sup>12</sup> May the Lord repay you for what you have done. May you be richly rewarded by the Lord, the God of Israel, under whose wings you have come to take refuge."*

- Who are the people in your life who seem to always be there for you?
- Do you have a grandparent figure in your life who supports you in your faith?

### Talking together: Going deeper

- Was it Ruth's faith that made her kind and loyal?
- Why do you think Ruth stayed with her mother-in-law?
- Who's responsibility is it to care for the older people in our society?



## Conversation starters

- Do you have to be a Christian to do good things/things that please God?
- If the Bible book of Ruth is about Ruth's story, and she was the Great-Grandmother of King David, why do you think she isn't mentioned in the last five verses of that book?

## Express

How do we respond to what we've discussed and express our faith personally?

### Praying together

**Prayer** Respond to the theme by writing or saying a short prayer. Alternatively use the creative prayer from Faith Adventures: Children Together for this session, or use the prayer activity below.

Alternatively light a candle and play some music while you listen and talk to God together.

### Spoken Prayer

We remember, O God our ordinary saints...

We remember,  
The tender touch of loved ones,  
the example of heroes,  
the healing words of comforters,  
the remarkable acts of fearless ones.

We remember,  
The gentle strength of grandparents,  
the loyalty of friends,  
the kindness of strangers,  
the joy of children,  
the sacrifice and love of parents.

We remember,  
The amazing love of Jesus,  
the blessing of his Spirit,  
the reminder of his words,  
the light that shines in the lives of his disciples,  
young and old, the talkative and the silent,  
strange and familiar, brilliant and ordinary.

We remember in every time and place the ordinary saints of God

Amen

(Adapted from ROOTS for Churches)

---

### Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. See Faith Adventures: Children Together for a craft and a STEM activity which may also be appropriate. Choose whatever will work best for your group.

In the story of Ruth, we see ordinary kindness and loyalty. Ruth is an ordinary saint. She doesn't do any miracles, she doesn't do anything that we can't do too. She was simply kind and loyal.

*'Ruth 1: 8-9 <sup>8</sup> Then Naomi said to her two daughters-in-law, "Go back, each of you, to your mother's home. May the Lord show you kindness, as you have shown kindness to your dead husbands and to me. <sup>9</sup> May the Lord grant that each of you will find rest in the home of another husband."*

Have some fun doing some science experiments using ordinary things like cinnamon and cotton pads. See how ordinary things can be amazing, just like Ruth.

**Hydrophobic cinnamon (inside)** Fill a bowl/cup with water. Sprinkle a layer of cinnamon on top of the water. Now with your fingers pointing downwards, plunge slowly your hand in the water through the cinnamon. Then lift your hand back out. What did you notice – the cinnamon is dry on your hand. *Cinnamon contains a compound called cinnamaldehyde, which is responsible for its characteristic flavour and aroma. This compound is not water-soluble, meaning it cannot dissolve in water. It is hydrophobic – not afraid of water but not able to be dissolved. Instead, it requires a solvent with a similar chemical structure, such as alcohol, to dissolve effectively.*

**Balloon Rockets on a string (outside)**

Take a balloon and use sticky tape to attach a straw to it. (Sometimes easier to do once the balloon is inflated, do not tie the end.)

Now thread the string through the straw.

You will need someone to hold the balloon one end and another person to hold the string further away.

Let go of the balloon and watch it whizz along the string.

What adaptations could you do to make it fly further?

The air in the balloon propels the balloon forwards along the string.

**Origami flowers – follow these instructions or watch this:**

[https://youtu.be/6elb2EO\\_ZO0?si=XyJolDyhtAu9Q3LF](https://youtu.be/6elb2EO_ZO0?si=XyJolDyhtAu9Q3LF)

Create a bunch of flowers for someone special, especially someone who represents a Nan figure.

*Ruth 1; 8-10 Then Naomi said to her two daughters-in-law, "Go back, each of you, to your mother's home. May the Lord show you kindness, as you have shown kindness to your dead husbands and to me. May the Lord grant that each of you will find rest in the home of another husband."*

*Then she kissed them goodbye and they wept aloud and said to her, "We will go back with you to your people."*

Take a square piece of paper



2) Fold it in half corner to corner



3) Take the left corner and fold it to the triangle point, repeat for the right side



4) Take your centre fold and fold back to the right so that it meets the edge. Repeat for the other side and fold to the left



5) Open up those folds.



6) Slip your finger between the fold, pull it out and fold it back down.



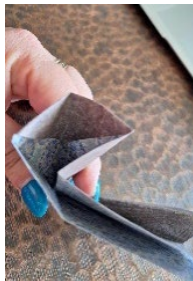
7) Repeat on the other side



8) Fold down the two points



9) Squeeze open the fold and tuck the triangle point inside



10) This is how your paper should look



11) Fold the left edge inward, repeat on right



12) So it looks like this:



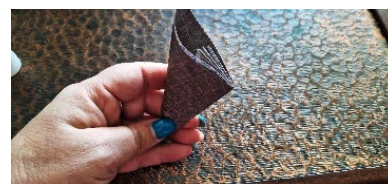
13) Place glue on one of the folds and then pull it round to meet the other fold to glue it together



14) You may want to secure with a paperclip until it's dry



15) You now have a petal. Create another four or five petals in the same way and glue them next to each other with a stick in the middle. Once dry, glue a button as the centre of the flower



### Challenge

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.

You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today? If not here are some suggestions:

- 
- Use one of the “conversation starter” questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts, insights together. **Who do you consider to be a saint?**
  - Research something suggested by JPIT, [Resources \(jpit.uk\)](http://Resources.jpit.uk) Commitment for Life [cforl.co.uk](http://cforl.co.uk)
  - Make a reel or video or record a podcast with some friends discussing people who might be considered saints of today and why you think that. Take the discussion even further by discussing people who think they are saints but do not behave like one. If you did make a video/ reel and all involved give their permission perhaps you could email it to us or use [www.wetransfer.com](http://www.wetransfer.com) to share it with us at Church House.
- 

Thank you for exploring the **Ruth** passage with us.

Please let us know what you liked or what you would find useful by emailing [children.youth@urc.org.uk](mailto:children.youth@urc.org.uk) or by sharing it on [https://bit.ly/FACT\\_FB](https://bit.ly/FACT_FB)