

D-GROUP LESSON: RIPPED RELATIONSHIPS

Series: Pain Management #2 (Ruth 1–4)

Sermon from April 12, 20206 by Paul Gearhardt

BIG IDEA:

God's gracious love (hesed) can heal and restore even the most broken relationships—and He invites us to extend that same grace to others.

HOOK (Connect the Heart)

Activity: “Your Circle”

- Give each person an index card and pen.
- Ask: Write down the names of your closest friends (not acquaintances).

Discuss:

- How many names did you write?
- Was it easy or difficult?

Transition Questions:

- Why are close relationships so important to us?
- Have you ever experienced a “ripped relationship”? (No details required)

Leader Insight:

We are wired for connection, but relationships can also bring deep pain when they are broken.

LOOK (Look at the Word)

Read Together:

- Ruth 1:1–5
 - Ruth 1:6–13
 - Ruth 1:16–17
 - Ruth 4:13–17
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1. Brokenness is Real (Ruth 1:1–5)

Naomi loses her husband and sons—her world is turned upside down.

Discuss:

- What kinds of loss do you see in Naomi's story?
 - How do broken relationships affect us?
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2. Bitterness is a Natural but Dangerous Response (Ruth 1:11–13, 20)

Naomi becomes bitter and feels abandoned.

Discuss:

- Why do you think Naomi blamed God?
 - What are some unhealthy responses to relational pain? (control, criticism, withdrawal)
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3. Grace Shows Up Through People (Ruth 1:16–17)

Ruth chooses loyalty, love, and sacrifice.

Discuss:

- What stands out about Ruth's response?
 - How is her response different from what we usually see?
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4. God Works Toward Restoration (Ruth 4:13–17)

God redeems Naomi's story and brings hope out of pain.

Discuss:

- What changed in Naomi's life?
 - Where do you see God's grace in this story?
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TOOK (Apply)

Personal Reflection:

- Who is someone in your life where the relationship feels “ripped”?
 - How have you responded—bitterness, control, distance, or criticism?
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Key Questions:

- Are you holding onto hurt instead of healing?
 - Where might God be inviting you to extend grace?
 - What would it look like to respond like Ruth?
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Practical Step:

- Take your index card again.
 - Write the name of someone with whom you have a strained or broken relationship.
 - Pray silently for them.
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Challenge:

- Pray daily for that person.
 - Take one step toward grace this week (kindness, forgiveness, or reaching out).
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CLOSING THOUGHT

God can take what is broken and restore it.
Just as Naomi experienced redemption, Jesus brings healing to our relationships when we trust Him and follow His example of grace.

PRAYER

“God, thank You for Your grace toward us. Help us release bitterness and extend Your love to others. Heal our broken relationships and guide us to live with grace. Amen.”