WEEK 3
LESSON GUIDE



BIG IDEA

God gives us boldness.

BIBLE

Ruth Asks Boaz for Help: Ruth 3; Hebrews 10:19–25

ABOUT THIS WEEK

Apart from a cool costume and heroic name, heroes also need the courage to take on whatever challenges they face. This week, we'll learn how Ruth took a big risk to visit Boaz and ask him for help. Ruth's decision to be brave helped save her family, and she helps us see how **God gives us boldness** when we need it.

WHAT? What are we talking about today?

ACTIVITY | Hero Training: Boldness

- INSTRUCTIONS: *For this activity, inflate as many balloons as you'll have as kids in advance. Have extra balloons in case some pop, or consider using lightweight inflatable balls instead. Prepare two boxes or other containers labeled "danger" and one large box labeled "safety zone." Set up the "danger" boxes on opposite sides of the room and the "safety zone" in the middle. Divide kids into two teams and have them line up behind their box to start. Each team member has to transport a balloon from the "danger" box to the "safety zone," but they must keep it bouncing the entire time. (They can't just hold it or let it fall to the ground.) If they break a rule, they must return to their box and start over. The first team to empty their danger box first wins!*
- I see you all are on your way to becoming fully-fledged superheroes! So far, we've learned that heroes need good companions and the right opportunities. This training session was all about how bold you could be to rescue all those people (balloons) from danger! Superheroes often have to overcome their fears to help others.
- Sometimes, asking for help requires boldness, too. In today's Bible story, we'll find that Ruth needed to step up and be bold to get the help she and Naomi needed.

POLL | How bold do you have to be?

- INSTRUCTIONS: *Ask the kids how bold they think someone would have to be to perform the following tasks. When you give the scenarios, kids can respond in the following ways: Lying down (zero boldness), sitting (little boldness), standing (a lot of boldness), or jumping (so much boldness).*
- How much boldness would you need to ...
    - Rescue people from a burning building?
    - Stand up for someone who is getting picked on?
    - Climb a tree to rescue a kitten?
    - Climb a tree to rescue a snake?

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- Go into a dark room to find the light switch?
- Wear something to school that people might make fun of?
- Let someone know what they're doing isn't right?
- Invite a friend to church?
- Walk a tightrope rope across two skyscrapers?
- Tell your parents when you have made a not-so-good choice?
- Ask for help when you need it?
- Tell someone about Jesus?

- Different situations call for different amounts of boldness, which can look different for everybody. What Ruth needed to do in today's Bible story might not seem like it would have required much, but for her time, what she did was super bold!

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Ruth 3 (Ruth Asks Boaz for Help)

- INSTRUCTIONS: *Read the passage and retell the Bible story using the Scripture segments and talking points provided below.*
- Hey heroes, am I glad to see you! I know that in your hero training, you're learning to be bold so you can fend off supervillains, but I've got a *bold* story—*hot off the press*—that is newsworthy!
- Our journalists and reporters are on the ground to collect all the details as we speak, but here's the working headline: "Woman from Moab shows unexpected boldness." Catchy, right? Here's what we know so far:
  - Naomi returned to Bethlehem from Moab with her daughter-in-law, Ruth, stricken by tragedy—her husband and sons had died. Ruth didn't waste any time and found a way to provide for them by picking up leftover grain from a field.
  - The field belonged to a man named Boaz, who was not only kind to Ruth and gave her extra food but also happened to be a guardian-redeemer who could help solve their problems.
- Ruth and Naomi probably felt powerless in some ways because they couldn't do much by way of making money, but these two were no damsels in distress. They heroically looked for ways to survive. So when she found out Ruth had been working in Boaz's field, Naomi came up with a plan that would help their family in a big way.
- The Bible, our most trusted source, gives us the scoop in Ruth 3:1–6.
  - According to the guardian-redeemer law, Boaz could step in and replace Naomi's husband and son's family line. He could purchase all the property as his own—but he could only do this if he married Ruth.
  - Off the record, what Naomi instructed Ruth to do was like a marriage proposal. Ruth had no idea what would happen to her or what people would think of her actions. But she said she would do everything Naomi told her to do. And she did.
- Here's what reporters say happened in Ruth 3:7–13.
  - Boaz knew Ruth took a big risk by visiting him on the threshing floor. Boaz said that if the other guardian-redeemer didn't want to do it, he would do everything he could to help her and Naomi.
  - Meanwhile, Boaz helped protect Ruth's reputation and gave her more food to show he would keep his promise.
- Ruth 3:14–18 has the latest update.
- Naomi and Ruth made a bold move by taking the first step. Now, it was Boaz's turn to make good on his promise and help them out. I'm sure once this news breaks, everyone will ask us to report on what happens next. And trust me, the *Unsung Heroes Herald* will be ready with the exclusive!

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BIG IDEA | God gives us boldness.

- INSTRUCTIONS: *Introduce the kids to today's Big Idea:*
- Let's say it together: God gives us boldness.

SCRIPTURE | Hebrews 10:19–25

- INSTRUCTIONS: *Read the passage out loud or ask a volunteer to read.*
- This letter to the Early Church encourages boldness. This boldness doesn't just come from anywhere, and it especially doesn't come from ourselves. It comes from knowing Jesus and what Jesus did for us!
- We can be bold when talking to God because Jesus paved the way for us to draw near God. We can be bold about our beliefs because we know God's words are true. We can also be bold in helping each other toward love and good deeds.
- That is what Naomi did for Ruth. She encouraged Ruth to be bold in approaching Boaz. And Ruth's actions set off Boaz's response and willingness to help.
- God gives us boldness and invites us to use that boldness in our relationship with God and others.

VIDEO | Teaching Video (Week 3)

- INSTRUCTIONS: *Play this week's episode of Grow TV. (https://vimeo.com/933127642/925739e768) If you're short on time, show the illustrated Bible story video. (https://vimeo.com/996233496/188bb5b31b)*

NOW WHAT? What does God want us to do about it?

REFLECTION | Hero Hangtime

- INSTRUCTIONS: *Have kids pair up with others in the group or with a leader and share their responses to the prompts below with their partner. Afterward, have them share with the rest of the group, and be sure to share your thoughts.*
- Superheroes seem to have boldness in volumes. Sometimes, they put themselves in danger so everyone else can be rescued. Because they are superheroes, they can be afraid to show weakness or ask for help.
- For regular humans, that's not the kind of boldness we need. Maybe it's not the best choice for superheroes, either. Most of the time, the boldest thing we can do is to ask for help—especially God's help!
- God gives us boldness, and to utilize it, we need to do away with whatever holds us back.
- For Ruth, it might have been fear of what her community might think of her if they found out what she did. For us, it could be fear of what people might say, worry about making the wrong choice, people who make you feel afraid, or that you've never been bold before. Whatever it is, don't let those things stop you from using the boldness God gives you!
    - What are some things that keep you from being bold?
    - How can you remember to be bold the way God wants you to be?
- Thank your hero buddies for hanging out with you!

MEMORY VERSE | Zephaniah 3:17a (NIV)

- INSTRUCTIONS: *Learn the memory verse together using any combination of the resources provided: memory verse coloring page, sign language motions, or choose from this list of our favorite memorization techniques!*
- "The Lord your God is with you, the Mighty Warrior who saves."

PRAYER

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- God, you are so awesome! You give us boldness when we are afraid or uncertain of what to do. Please help us to be bold in situations that require us to stand up for you and your people. We want to be true heroes like your son, Jesus. Amen.

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