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## Ruth Helps Naomi Get Food

Ruth 2

WEEK II

## POINT ➡ WE HELP OUR FAMILIES.

Open your Bible to Ruth 2, and show children the words. SAY: **The Bible is God's special book, and it tells us about Ruth.** Hold up Card 1. Have kids describe what they see in the picture. **Ruth didn't have much money or food. So she worked hard to gather grain to eat that the other workers left behind or dropped.**

Hold up Card 2. Have kids describe what they see in the picture. SAY: **As Ruth picked up the grain, Boaz, who owned the field, came by. Boaz found out how hard Ruth was working and went to meet her. He told her not to go to any other fields to work; she could stay in his field. Ruth showed him her thanks by bowing to him.**

Hold up Card 3. Have kids describe what they see in the picture. SAY: **When it was time to eat, Boaz invited Ruth to eat with the workers and share their food.**

Hold up Card 4. Have kids describe what they see in the picture. SAY: **After eating, Ruth went back to work and worked all day. When she finished, she separated the grain by beating it and put the good part, the part you eat, into baskets.**

Hold up Card 5. Have kids describe what they see in the picture. SAY: **Boaz allowed Ruth to keep all the grain she gathered, and she took the grain to her mother-in-law, Naomi.**

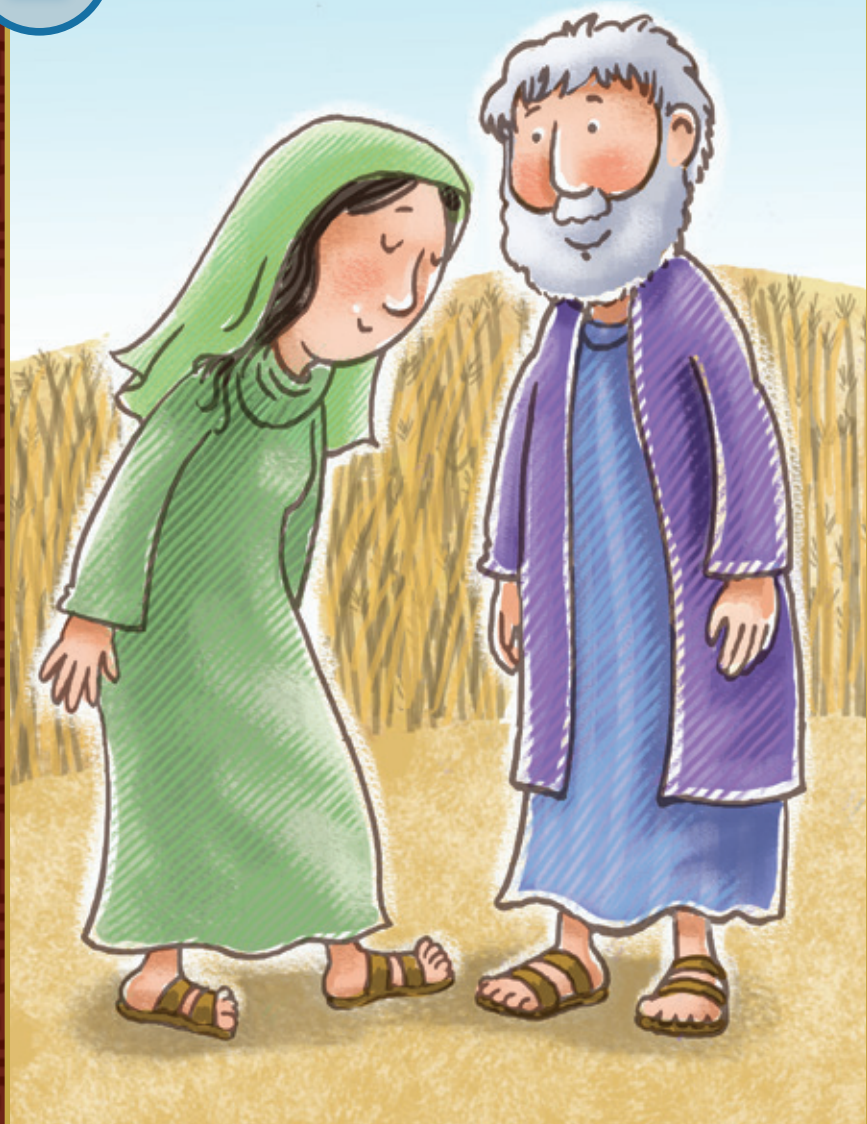
ASK: **Ruth got Naomi food to eat. What do you do to help your family?**

**What do you work hard at?**

SAY: **God helped Ruth by guiding her to Boaz's field, where Boaz let her gather lots of grain. Then Ruth worked hard to get food for Naomi. Like Ruth, ➡ WE HELP OUR FAMILIES.**



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## POINT ➡ WE HELP OUR FAMILIES.

**SAY:** Let's play a game where you pretend to be stalks of grain like the ones Ruth helped harvest from the field.

**First, stand tall with your hands high over your head.** Pause for kids to follow directions. **You're grain ready to be harvested!**

**Now, bend down to the ground because you're tired in the hot sun.** Pause.

**Feel the wind? Stand up and move your arms back and forth over your head as you blow in the breeze. Let's make some wind noises.** Pause.

**Now Ruth is coming to cut some grain. If you get hit by a *Buzz Rocket*, duck down like you've been harvested.** Shoot the *Buzz Rockets* toward kids, avoiding their faces.

Repeat the game as time allows.

**ASK:** What kind of work do people today do to get food?

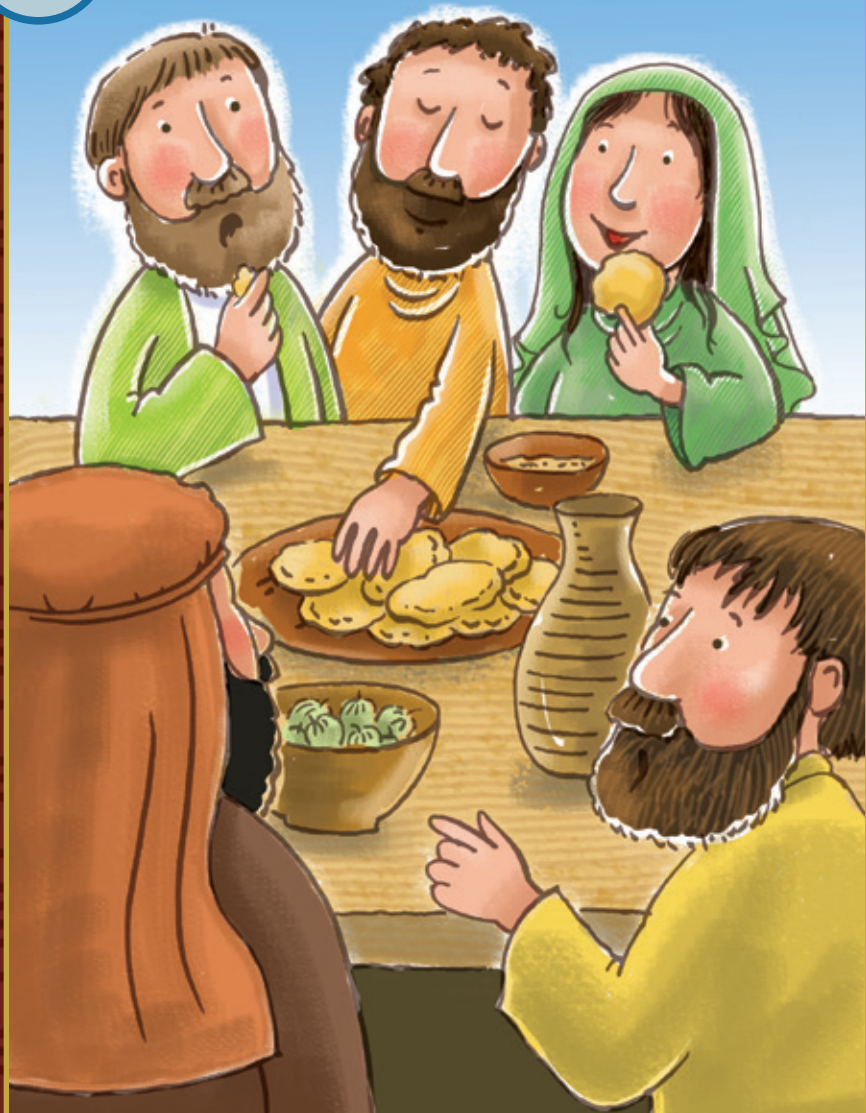
What can you do to help your family with mealtimes?

**SAY:** Ruth worked hard at gathering grain because she wanted to help Naomi. There are still farmers today who gather food, but they sell it to stores so most people can just buy food at a grocery store.

Your parents probably work hard so they can buy that food for your family, and they work hard cooking yummy meals. This week, ask if you can help by stirring some food or setting the table. Remember,

➡ **WE HELP OUR FAMILIES.**

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## POINT ➡ WE HELP OUR FAMILIES.

Form teams of three, and separate the teams throughout the room. Lay two pieces of paper on the floor near each team. Have each team tear up one of its pieces of paper and form the small pieces into balls to represent pieces of grain. Then have teams scatter the paper balls on the floor.

**SAY: Ruth worked hard to pick up the grain in the field. Pretend the paper balls you've made are grain. Work together with your team to pick up as much grain as you can and dump it on your paper. Here's the trick: One person can only use two fingers, and the other two people can only use one hand and must keep it cupped. So the person who can use fingers will pick up the grain. The other two will each cup one hand and hold it next to the other person's hand to make a large "bowl." Assign the roles for each team and remind them what they can do. Then have kids practice with one piece of "grain."**

**The person picking up the grain will drop it into the bowl. Then the two holding the grain will go dump the grain on your team's paper.**

Allow about three minutes for kids to play.

**SAY: Now count how many pieces are on your paper.** Pause, helping kids count as needed.

**ASK: What makes gathering grain such a hard job?**

**What are the hardest jobs you have at home? What makes them hard?**

**SAY: Ruth worked hard to help her family, and so can we. ➡ WE HELP OUR FAMILIES** when we do our chores and keep our toys picked up.

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## POINT ➡ WE HELP OUR FAMILIES.

Play ● “My Helping Song” (Galatians 5:13b) (track 15) on the **CD** to the tune of “Row, Row, Row Your Boat.” Sing the song twice, and have children do the motions along with you.

SING:

**Sweep, sweep, sweep the floor.**

*(Pretend to sweep.)*

**Be a busy bee!** *(Walk in circle and flap arms.)*

**Help awhile; it'll bring a smile** *(use index finger to point to smile)*

**To friends and family.** *(Point to pretend family members.)*

**Wash, wash, wash the dishes.** *(Pretend to wash dishes.)*

**Be a busy bee!** *(Walk in circle and flap arms.)*

**Help awhile; it'll bring a smile** *(use index finger to point to smile)*

**To friends and family.** *(Point to pretend family members.)*

**Help, help, help awhile.** *(Brush hands together in front of self.)*

**Be a busy bee!** *(Walk in circle and flap arms.)*

**I can help because I love** *(hug self)*

**My friends and family.** *(Point to pretend family members.)*

**ASK: Tell about something that someone in your family did to help you.**

**Which of the things in our song have you done to help your family?**

**SAY: There are so many ways ➡ WE HELP OUR FAMILIES.** Ruth helped by gathering grain. We can help keep things clean, show love with hugs, or help people in our family smile when they're sad.



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## POINT ➡ WE HELP OUR FAMILIES.

Give each child some *Buzz Play Foam*.

**SAY:** After Ruth picked grain from the field, she had to separate it before she could use it to cook. Ruth separated the seed from the stalk. Try to separate the beads of *Buzz Play Foam* from your clump. Help kids as needed.

**SAY:** Once the seed was out, farmers replanted some seeds to grow more grain. Let's count how many "seeds" you have to see how much you could plant. Help kids count the beads of play foam.

**SAY:** Then people crushed the seed that was left into a fine powder, like the flour we use to make cookies. They used the grain powder to make all kinds of bread and other food. Let's put our foam back together and pretend we're making bread. Reassemble the play foam in the container.

Back when Ruth lived, there were no farm machines to help gather and separate grain; people did everything by hand.

**ASK:** What are some jobs your family uses machines for?

What are some household chores that would be hard to do without machines?

What's one special thing you can do this week to help your family—whether it uses a machine or not?

**SAY:** God gives us all we need to take care of our families. For Ruth, that meant a field with lots of grain and a nice man named Boaz who let her use his grain. For us, that might mean machines that help our moms or dads do the laundry or cook dinner. And God gave *you* arms and legs to pick up your toys.

➡ **WE HELP OUR FAMILIES** however we can.