



*Calvary Revival Church Chesapeake*  
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**SISTERS IN THE SPIRIT**

*Strength for the Journey when Life Keeps Changing*

Chandra J. Buford, Teacher 19 June 2010  
 Scripture: Ruth 1

**\*Strength -**

- The quality or state of being strong
- Mental power, force or vigor - Moral power, firmness or courage
- The power to resist attack - The power to resist strain or stress
- Something or someone that gives one strength or is a source of power or encouragement

**\*Change -**

- To make the form, nature, content, future course, etc., of (something) different from what it is or from what it would be if left alone
- To transform or convert
- To substitute another or others for
- To become different; altered; modified

\*The meanings of each word were taken from www.dictionary.com.

Name 4 different changes in Naomi's life.

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How did Naomi adapt or react to the changes in her life?

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Name 2 different changes in Ruth's life.

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How did Ruth adapt or react to the changes in her life?

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Where did these two women seem to gain strength for their journey?

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### Changes in the lives of Naomi and Ruth:

- Home
- Finances
- Family Structure
- Spiritual Life

### Challenges in Change

- *Fearing the Unknown, Failure or Disillusionment*
  - What if things don't turn out well?
  - What if I make a mistake?
- *Lack of Control*
  - What will happen next? Next week? Next year?
- *Perception of Others*
  - How do others see my life?
  - Who understands my struggles?
  - Will people judge me or think less of me?
- *Not Knowing God's Perspective/Expectations*
  - What does God think of me and my situation?
  - Is God punishing me?
  - Does my questioning God indicate a lack of faith?

### STRENGTH FOR THE JOURNEY WHEN LIFE KEEPS CHANGING

1. **PRAY** - Talk to God about everything in your life! He cares!!!
  - Philippians 4:6-7
  - 1 Peter 5:7
2. **FOCUS AND FLOW WITH GOD**
  - As you look to Jesus, trust God with all things in your life.
    - Proverbs 3:5-6
    - Psalm 121
  - Look for the "big picture" - God's plan not your plan
    - Luke 22:41-42
    - Hebrews 12:1-3
3. **PARTNER WITH A SISTER IN CHRIST**
  - We are surrounded by godly women to journey with us if we will take the risk and reach out to one another.
4. **INVEST IN A WOMAN'S LIFE**
  - Investing in another's life takes the focus off our lives and allows us to focus on them, thus becoming more like Christ.
    - Luke 1:39-45,56
    - Titus 2:3-5
5. **REST IN GOD'S GRACE**
  - Trust the Sovereignty of God
    - 2 Corinthians 12:9-10
    - 2 Thessalonians 2:16-17

### OUR STRENGTH COMES FROM THE LORD!

- Psalm 18:1; 28:6-9; 46:1; 62:5-8; 119:28
- Isaiah 40:28-31
- Ephesians 3:16
- Philippians 4:13

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