**Help I’m \_\_\_\_. (Graphic)**

Help I’m **STUCK!**

(Ruth 1:1-5)

“In the days when the judges ruled, there was a famine in the land. So a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab. The man’s name was Elimelek, his wife’s name was Naomi, and the names of his two sons were Mahlon and Kilion. There were Ephrathites from Bethlehem, Judah. And they went to Moab and lived there.

Now Elimelek, Naomi’s husband, died, and she was left with her two sons. They married Moabite woman, one named Orpah and the other Ruth. After they had lived there about ten years, both Mahlon and Kilion also died, and Naomi was left without her two sons and her husband.”

* **Wrong place:** Moab
* **Wrong time:** Period of Judges during a famine
* **Wrong gender:** female
* **Wrong race:** Moabite
* **Wrong husband:** Israelite

(Numbers 22:5-6)

“A people has come out of Egypt; they cover the face of the land and have settled next to me. Now come and put a curse on these people, because they are too powerful for me. Perhaps then I will be able to defeat them and drive them out of the land. For I know that whoever you bless is blessed, and whoever you curse is cursed.”

(Numbers 23:11-12)

“Balak said to Balaam, “What have you done to me? I brought you to curse my enemies, but you have done nothing but bless them!” He answered, “Must I not speak what the Lord puts in my mouth.”

(Numbers 24:10)

“Then Balak’s anger burned against Balaam. He struck his hands together and said to him, “I summoned you to curse my enemies, but you have blessed them these three times.”

(Numbers 25:1-3)

“While Israel was staying in Shittim, the men began to indulge in sexual immorality with Moabite women, who invited them to the sacrifices to their gods. The people ate the sacrificial meal and bowed down before these gods. So Israel yoked themselves to the Baal of Peor. And the Lord’s anger burned against them.”

(Deuteronomy 23:3,6)

“No Ammonite or Moabite or any of their descendants may enter the assembly of the Lord, not even in the tenth generation.”

“Do not seek a treaty of friendship with them as long as you live.”

(Ruth 1:6-9)

“When Naomi heard in Moab that the Lord had come to the aid of his people by providing food for them, she and her daughters-in-law prepared to return home from there. With her two daughters-in-law she left the place where she had been living and set out on the road that would take them back to the land of Judah. 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.”

(Ruth 1:14-16)

“At this they wept aloud again. Then Orpah kissed her mother-in-law goodbye, but Ruth clung to her. “Look,” Naomi said, “your sister-in-law is going back to her people and her gods. God back with her.” 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.”

**4 things that will “stick” your life**

1. **Excuses** will stick your life.
2. Live according to other people’s **expectations**.
3. Believe in a **false narrative**.
4. **Unforgiveness** and **bitterness**.

**4 things to get “unstuck”**

1. Believe that God **loves you more than the rules**.
2. Be **brave** by choosing to be **better** instead of getting **bitter**.
3. Be **proactive** in changing your life.
4. Take your **one next step** towards Bethlehem.