

# Issue 7 - Ruth's Story, Our Story: Choosing Trust Over Fear

## Messy Story of the Week

Mark and Rachel had been married for ten years when the company Mark worked for downsized. Feeling pressure to provide, he accepted a job in another state without much discussion. The move seemed like the right choice, but it pulled them away from their church community and left Rachel isolated at home with two young kids. Over time, the marriage grew strained. Mark was working long hours, Rachel felt resentful, and both were exhausted.

Eventually, Rachel suggested they reach out to a local church for help. Reluctantly, Mark agreed. They began attending a small group where, for the first time in months, they found support and encouragement. Mark later admitted that his fear of failure had driven him to make decisions without God's guidance. Trusting God together as a couple didn't erase their struggles overnight, but it gave them a new foundation to rebuild on.

## Faithful God Then and Now

Naomi and Elimelech made a similar choice during a famine: to leave Bethlehem and seek security in Moab, even though God had forbidden His people to live there. What felt like survival turned into sorrow as Elimelech and both sons died, leaving Naomi bitter and broken. By contrast, Ruth displayed extraordinary trust and obedience. She chose to cling to Naomi and Naomi's God. Later, she obeyed Naomi's shocking advice to approach Boaz, a risky act that became the turning point for redemption. Their story reminds us that even when fear tempts us to control outcomes, God honors trust and obedience.

## What We Can Learn

- Fear-driven choices often take us further from God's protection.
- Obedience can feel risky, but it creates space for God's provision.
- Trust in God is more secure than our best attempts at control.
- God's redemption is not limited by human failure—He can restore joy and future even after disobedience.

## Behind the Curtain

In coaching, I see how easy it is for families to let fear drive decisions. “What if I fail? What if I lose what I love?” Fear often leads to quick fixes that only create deeper wounds. Trust and obedience require slowing down, listening for God’s direction, and sometimes taking uncomfortable steps. But those steps are the ones that build resilience and faith.

## Faith Step for the Week

- **Bible Verse:** *“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”* — Proverbs 3:5–6
- **2-Minute Practice:** The next time you feel anxious about a decision, pause and ask: “Am I leaning on my own understanding, or submitting this to God?” Write down one small way you can choose obedience over control this week.

## Next Week

We’ll turn to the parable of *The Pharisee and the Tax Collector* (Luke 18) to explore humility vs. pride in our relationships—with God and with one another.