

In this six-week study, you'll enter Ruth's story and learn how you can also become loyal, loving, and godly. True Girl Bible Studies feature important women from Scripture so that from their examples, we can learn what it looks like to be a True Girl. Each study is designed to help moms lead their daughters to develop a steady love for God's Word.

Interested in the whole book?
Select your preferred book seller:

[MOODY PUBLISHERS](#) [APPLE BOOKS](#) [TARGET](#) [AMAZON](#) [WALMART](#) [GOOGLE PLAY](#) [CHRISTIANBOOK.COM](#) [BARNES & NOBLE](#) 

Table of Contents



My Notes on the Book of Ruth	6
Introduction: How to Study the Bible (Zooming, Zeroing & Zipping Basics!)	8
CHAPTER 1: What Is Loyalty?	17
CHAPTER 2: What Does a Loyal Girl Do When Life Gets Hard?	29
CHAPTER 3: How Does a Loyal Girl Deal with Loneliness?	41
CHAPTER 4: How Does a Loyal Girl Face the Future?	53
CHAPTER 5: How Is a Loyal Girl Rewarded?	69
CHAPTER 6: Where Is God in the Book of Ruth?	89
How Do You Become a Christian?	103
Mom or Small Group Leader’s Guide	106
Answers to Puzzles	108





* What Is Loyalty?

Have you ever had to pick between two friends you loved very much because they were just headed in opposite directions? You spent the school year as The Fab Three, but now summer fun has begun, and you have decisions to make. You feel caught in the middle.

One friend is going through some hard things in her family and won't be a part of your summer. The other is clearly going to ditch the friend who isn't too much fun right now and wants you to do the same.

That doesn't feel good, does it?

If you've ever felt caught in the middle, Ruth is just the book you need to study to know how to respond. Ruth's story might not make your decision hurt less, but it will make your choice more clear.

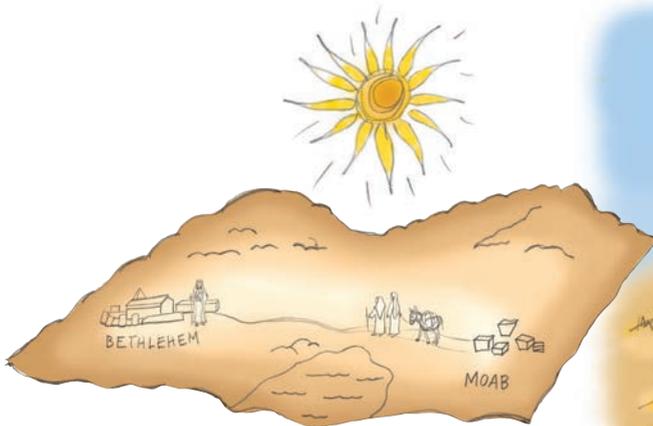
But before we dig into Ruth, we need to understand a very important word: **loyalty**. Let's start zooming!



Zoom In & Out—Who? What? Where? When? Why?

The book of Ruth is a short but beautiful book of the Bible. It follows the story of one woman, named Ruth, as she chose over and over and over again to do the right thing because of her love for God and her family. As we zoom out to study this book of the Bible, we're going to see one big theme keep popping up: **LOYALTY**.

You can see this best by climbing up the hill and looking waaaaayyyyyy down on Ruth, so we're zooming out. If we could do that, we'd see her walking to Bethlehem with her mother-in-law Naomi. Why? Because some bad stuff has happened, and Ruth is sticking by her mother-in-law's side. And before long . . . we'll zoom in . . . and find that it gets even harder as Ruth has to work in the heat of the sun to continue loving Naomi. She's being loyal.



Wait, wait, wait!

Slow down a second!

Before we start looking for this theme of loyalty in the pages of the book of Ruth, we need to make sure we understand what loyalty is. Let's take a look at a definition and think about why this topic matters to us.

What is loyalty?

Do you have a favorite hobby?

- ♥ Maybe you play basketball, and you're out shooting hoops every single day.
- ♥ You might love to sing, and maybe you have listened to your favorite song 150 times to memorize every word.
- ♥ Perhaps you are an amazing baker, and you and your mom decorate cookies every Sunday night.

Whatever your favorite thing to do is, you do it a lot, right? The same is true for me too! When we find a hobby we enjoy, it's easy for us to commit to it. We want to get better at it, so we spend a lot of time giving that activity attention. Why are we so committed to this favorite hobby? Well, because we *love* it! For that reason, we show firm and constant support to the people and organizations that help us understand and experience our hobby.

Let's take one of my hobbies as an example. I love Miniature Silky Fainting Goats. I enjoy their long silky hair and their teeny-tiny size as well as their whimsical personalities. (And, yes! They faint if they get frightened or too excited!) I have four of these amazing creatures right now—Horton, Cindy-Lou-Who, Boo-Who, and Sam-I-Am. (Yes, we've named them after Dr. Seuss characters. All except Boo-Who since his silly name just matched Cindy's so well!)



Dannah, Boo-Who & Cindy-Lou-Who

Because I enjoy this breed of goats, I am supportive of the organization that helps keep them healthy and safe by training hobby farmers like me. It is called the Miniature Silky Fainting Goat Association. (Pretty straightforward name, huh?) I am *loyal to* or supportive of this organization because of my love for my goaties. I'm also loyal to the goats themselves each time I take time to care for them and learn about them in more detail.



Loyalty is the quality of being loyal or staying committed to someone or something we care about all the time, no matter what!

.....▶ **Fill in the blank!**

**Loyalty means staying _____
to someone or something we care about.**

Let's say I told you that I not only love Miniature Silky Fainting Goats, but I also *love* a particular breed of horses called Tennessee Walking Horses. If I said I was completely obsessed with them, but I never took riding classes, didn't read horse books, and hadn't even visited a horse farm, would you *really* believe that I loved Tennessee Walking Horses?

And what if I told you that I actually have a Tennessee Walking Horse named Trigg, who I love. But he started to become a lot of work because he got fat when he ate too much grass, so I needed to let him in and out of the barn to keep him from eating too much. And on top of that, he got a bad infection in his eye and needed medicine three times a day to get better. But . . . I decided he was too much work . . . and I just didn't feel like doing those things . . . maybe because I wanted to play with my fainting goats. Besides, no one would even be around to see if I did those things or not!!!! *Then* would you still believe that I love my Tennessee Walker named Trigg?

Probably not.

If I was really being loyal to Trigg, I would be interested in him even when taking care of him became difficult. And when no one else was around to see my loyalty. **When we are loyal, we stay true to our commitments even when no one else is watching!**

.....► **Fill in the blank!**

Loyalty means staying true, even when

_____.

The truth is, I do love Trigg. I'm currently locking him in the barn every twelve hours to keep him from putting on too many pounds. And three times a day, I have to put medicine in his eye and rub it around so he will get better. I'm doing this because I'm loyal to him. It's not really easy or fun to do these things. And no one has seen me do them. But I do them anyway.

Now do you believe that I love Trigg? Of course! I also show my love for my other horses by showing up every morning with their breakfast oats. I show love for them when I put a bandage on them when they get scrapes. I keep showing up and continuing to love them over and over and over again! That's what loyalty is. **It means showing love not just once but choosing to love over and over and over again.** The same way that we spend time and energy on our favorite hobbies because we love them, we spend time and energy on other things we love—things like our relationships with God and with other people!

.....► **Fill in the blank!**

Loyalty is choosing to _____

over and over and over again.

Now that we know what loyalty is, let's zoom in to learn what the Bible teaches us about it. We're going to look at one particular conversation Jesus had about love.

Read this passage from Mark and underline the two most important commandments that Jesus gave us.



One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, "Of all the commandments, which is the most important?" Jesus replied, "The most important commandment is this: 'Listen, O Israel! The LORD our God is the one and only LORD.

And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these." (Mark 12:28–31)

Of all the commandments in all of the Bible, Jesus told us the most important thing we can possibly do is **LOVE**.

Circle the two things above that we are told to love.

First, we are to love God. Second, we are to love our neighbor—meaning those around us, like family, friends, and even our literal neighbors. Simple enough, right? Well, let's take a look at what the Bible has to say about love.

Underline everything that love does.



Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. (1 Corinthians 13:7)

Put boxes around the words never and always above.

Love *never* gives up. *Never* loses faith. It *always* hopes. And it endures through every circumstance! Do you know what that sounds like to me?



Loyalty continues to love even when it's difficult. No matter what happens, this love sticks through it. Not just in the good times, but in the bad times too. Love remains! That's how we are supposed to love God, and how we are supposed to love our family, friends, and neighbors.

.....► **Fill in the blank!**

Loyalty continues to love

even when it's _____.

And there's one more thing about loyalty that's really important. When we are showing loyal love, we are thinking of others first. We are less worried about ourselves and more worried about taking care of those around us. **Take a look at what the Bible says is the greatest love:**



"There is no greater love than to lay down one's life for one's friends." (John 15:13)

Write below what this verse says is the greatest thing we can do to show love.



What does the Bible mean by laying down our lives? Jesus' life is the best example of loving God and loving others. You probably know this one.



"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life." (John 3:16)

Jesus literally laid His life down to remain loyal to God the Father's desire to have a relationship with each of us and to remain loyal to His love for us. He actually loved us so much that He gave up His God-likeness, came to earth as a baby, and then died as a punishment for all the sins that we did so that we wouldn't have to. Jesus gave up His life for you and me.

That's the ultimate loyal love!



ZERO IN: What does it mean?

Let's figure out what all the Bible verses we've just studied mean to you and me. Does being loyal mean we need to die for our friends? 😬

No! Jesus already did that! But we can show love that's kinda *like* Jesus' whenever we choose to give up something to show love to someone else.



THINGS WE CAN GIVE UP

Find these six words in this word search that are things we can give up to show our love to other people.

ATTENTION PLANS MONEY DESIRES REPUTATION TIME

X K Y U K R B L X E Z Y L O E O E V Z C
 K V O K K A E A C L T T E L Q Q D X G C
 M I J G U L T M U K O L T M N E Q S W S
 T B L P Z Y G U D V P N D O S S X F X A
 J S A F A Y Q S K N F S I N S L M E E K
 U A T X X Z H L G K G T A R B J X G N E
 Q J I V Y X U K T V A L Z V H F A K R G
 K Y I E Z M P F H T P A E T S J I I D X
 Z S N L B D I P U V W J U K U L V P F N
 K O H C T L A P R C Y U P I K G G U O X
 M A X H D B E I T A B P B C I G T I Y W
 O K I L E R S B N R Y T D S G X T A Q R
 F D V G S A C R X L Q A U S K N I M G G
 L Z W A I W K T W F I B A T E H M E J W
 P U T T R F R L N H Z X P T E H E S R T
 I E J G E S O P L T W D T X W M S K R Y
 F F T O S V J E E J R A O B A D O X P G
 X J E D I K F P B V E J R A B W X E A I
 O J W R M Q N B P K E V I F T H L Q D D
 U G W Q Y U F H P B C H Q L J I N G E C

For puzzle answers, go to page 108.

We can give up our time, our attention, our money, our reputation, our plans, and our desires or anything else that belongs to us. **Loyalty means loving others no matter what it costs.** When we sacrifice our desires for others, we lay down our lives for our friends. And that is loyalty!

► **Fill in the blank!**

Loyalty means loving others no matter what it _____.



What does loyalty look like?

Loyalty stands strong even when no one else is watching. When we are loyal, we choose to love not just once, but over and over and over again. We continue to love even when it's difficult, no matter what it costs. It sounds great if you're the one with a loyal friend, but super hard if you're the one who has to be the loyal girl! Am I right?! So what does that look like in our daily lives?

Circle each activity that shows loyalty to someone in your life, including God. Cross out each example that doesn't show loyalty!

Reading your Bible EVERY single day

Keeping a promise you made to your mom

Standing up for a classmate who is being bullied

Skipping your CHORES to watch TV

Talking bad about your best friend behind her back

Doing your homework

Cheering up your brother when he has a bad day

Letting your sister Eat the last COOKIE

Now that we understand what loyalty looks like, we're ready to read the book of Ruth. She was a very loyal woman, and her story shows us how a loyal girl should live her life! To really understand what God was doing when He made Ruth's story, we're going to read through the entire book of Ruth together.

Sometimes when we're reading a whole book of the Bible, it's helpful to take notes on one page so you can see the themes throughout the whole story. At the beginning of this study, I dedicated two pages to your notes on the book of Ruth. You can find them on pages 6 and 7.

I had my artist friend Julia design page 6 so that you have a place to write all of your thoughts about these characters and this book of the Bible. As we learn about a piece of Ruth's story, you will come back and write about it on those pages. This is also where you'll go to write the five loyalty lessons that you learn throughout the book. (The first one is coming up in the next chapter.) I want you to be able to find them in one spot. By the time you get to the end of the story, you'll have the book of Ruth mapped out on these pages, so you can see what the life of a loyal girl looks like!

Turn there now. You'll see the three main characters of the book of Ruth. I invite you to write their names under them right now.

- ★ **Ruth**—She's the biggest one in the center.
- ★ **Naomi**—She's the smaller female to the left of Ruth.
- ★ **Boaz**—He's the only guy. He'll be easy to find.



Interested in the whole book?
Select your preferred book seller:

[MOODY PUBLISHERS](#) 

[AMAZON](#) 

[APPLE BOOKS](#) 

[TARGET](#) 

[WALMART](#) 

[GOOGLE PLAY](#) 

[BARNES & NOBLE](#) 

[CHRISTIANBOOK.COM](#) 