

Ruth and Naomi - Women of Faith Cooking Workshop

Summary of Lesson Activities:

Making Boaz's Banana Muffins

Scripture References:

Ruth, "The Story of Ruth" Little Kids' Adventure Bible, pages 104-109

Memory Verse:

"Where you go I'll go. Where you stay I'll stay. Your people will be my people. Your God will be my God."
Ruth 1:16

Themes:

Friendship, loyalty, courage, love for those who are different. God loves everyone!

Lesson Objectives and Life Application:

- Children will locate the story in the Bible.
- Children will define Ruth as a book of history in the Old Testament.
- Children will retell the story in their own words.
- Children will locate the region of Moab and the city of Bethlehem on the map.
- Children will define: gleaning
- Children will identify the following characters in the story: Ruth, Naomi, Boaz, and Obed.
- Children will recognize that Ruth was a member of the family tree of David and Jesus.
- Children will explain some of the Old Testament customs of gleaning, treatment of foreigners and kinsman redeemer.
- Children will recognize God's love for everyone.
- Children will understand that God is with us and will use even difficult or bad situations to bring about good. (Romans 8:28 connection)
- Children will memorize Ruth 1:16.
- Children will bake Banana Muffins to sell to the congregation and donate the money to the local Food Pantry.

Supplies for Cooking:

- 1 1/3 cups white flour
- 1 1/3 cups whole wheat flour
- 2/3 cup sugar
- 4 tsp. Baking powder
- 1 1/2 cups buttermilk
- 2 eggs
- 4 tbl. Margarine
- 1/2 tsp. Lemon juice
- 4 ripe bananas
- cooking spray
- 2 mixing bowls
- fork to mash bananas or potato masher
- mixing spoons
- measuring cups, spoons
- paper towels
- pot holders
- muffin tins & paper liners
- small ziploc bags
- paper plate

Preparation and Room Set Up:

- Read the Background Information and Lesson plan. Review the Behavioral Covenant and Teaching Tips.
- Gather all necessary supplies for activities.

Time Guidelines:

- Welcome and Introductions 10 minutes
- Bible Study 15 minutes
- Boaz's Banana Muffins 30 minutes
- Reflection/Closing 5 minutes

Presentation

Opening Prayer:

Precious Father, Thank you for this day and this time we spend together. Please, be with us now and help us to see how we can show your love with everyone around us. Guide us to share what we have with others. In Jesus Christ's powerful name we pray, Amen

Dig-Main Content and Reflection:

Bible Study:

Each workshop begins with a Bible story.

Introduce the Story:

Today, we will be learning about Ruth and Naomi, their friendship, love and stewardship. We will learn how even in difficult times, God can bring about good. This is one of the most well-known love stories in the Bible. It is found in the Old Testament and takes place a long time before Jesus was born. In fact, Ruth was one of the ancestors in Jesus' family tree.

Grades 4-6:

- Have the children locate Ruth 1 in their Bibles. Explain that this story takes place during the time of the Judges in Israel – a time before Israel had kings. At this time the Judges were the rulers and God was their king. Note that the book of Judges comes right before the book of Ruth. Ruth is a book of History in the Old Testament. Because the story is so long, you cannot read the entire text. Instead, use the headings to paraphrase the story.
- Chapter 1: Ruth Goes to Bethlehem with Naomi.
- Read the Words to Treasure Note on page 312. This is our memory verse for this rotation. Encourage the children to memorize it.
- Read the People in Bible Times notes: Naomi and Ruth on pages 313-314.
- Chapter 2: Ruth Meets Boaz. Paraphrase this part of the story.
- Chapter 3: Ruth Goes to Boaz at the Threshing Floor. Paraphrase this part of the story. Explain the kinsman redeemer custom to the children. (see Background Information) When Ruth went to Boaz and lay at his feet she was asking him to be her kinsman redeemer.
- Chapter 4: Boaz Gets Married to Ruth. Explain why Boaz went to the other relative.
- Read the Life in Bible Times note: Taking off a Sandal on page 315.
- Read The Family Line of David: Ruth 4:13-17. Remind the children of our earlier study of the Jesse Tree. Ruth was the great-grandmother of King David and an ancestor of Jesus.
- Read the Let's Live it note: Rich Rewards on page 316.

Cooking Activity – Boaz’s Banana Muffins

(Makes 24 muffins)

(Adapted from Creative Bible Learning Science & Cooking by Karyn Henley, Standard Publishing, 1997)

Preparation:

Gather necessary supplies.

Have the children wash their hands.

Have children put on aprons.

Let’s Cook!

1. Let all the children participate!
2. Gather the children together and let them measure the ingredients.
3. Mix all the flour, baking powder and sugar in a bowl.
4. Mix the buttermilk, egg, margarine and lemon juice in another bowl.
5. Add the two mixtures together.
6. Mash the bananas on the paper plate and then add to the mixture.
7. Put paper liners in muffin tin.
8. Fill each cup about 3/4 full.
9. Bake @ 375 deg. for 20 minutes.

Discuss while preparing the muffin batter:

- Where were Naomi and her husband originally from? (Bethlehem)
- Why did they leave Bethlehem? (because of a famine)
- Where did they go? (Moab – show on map)
- Why did Naomi decide to leave Moab? (to return to her family in Bethlehem, because she had no means of support)
- How were widows supported in these times? (depended on the charity of friends and family – they had no way to support themselves – the kinsman redeemer practice)

Discuss while everyone is helping clean up:

- Ruth was willing to leave behind her family, her faith, her home. Why do you think Ruth decided to follow Naomi?
- How do you think Ruth felt about Naomi?
- What do you think it was like for Ruth to leave her family behind?
- Have you ever been away from your family? What was that like?
- How was Ruth a true friend to Naomi?
- What characteristics do you look for in a true friend?
- What kind of friend are you?

Discuss as you are bagging the muffins:

- How was God present with Ruth and Naomi in this story?
- Why was it so unusual for Boaz to be kind to Ruth in this story? (she was from Moab, a pagan land that the Israelites hated, she was a foreigner, he wasn’t required to help foreigners)
- What does God teach us about caring for others from this story? (God loves everyone, we should love and care for everyone, our differences don’t matter to God, it’s important to care for the poor)
- How can we care for others as Boaz did?
- The law in Israel helped to provide food for the poor. What can we do to help people who are hungry in our community? (bring food to the Food Pantry, sell our muffins to raise money for food, etc.)

Reflection/Journal Time:

The last 10 minutes should be reserved for Journal and Reflection time. This is an opportunity for processing and reflection about what the children have learned. Ask the shepherds to pass out the journals and pencils/pens and the journal sticker for the day. Workshop leaders and shepherds should sit down with children in small groups to facilitate discussion and writing in Faith Journals. Memory verse stickers are also included for each lesson. Children may also copy the memory verse and illustrate.

Journal Questions:

- Grades 4-6: The Bible teaches us that we should always be concerned about people who have less than we do. What are ways you can share with others and help those less fortunate than you?

Closing:

Gather the children together in a circle holding hands. Review with them one word or concept that they learned during today's session. (Friendship, love, stewardship, redeemer are some suggestions) Encourage them to come back next week and to bring a friend, especially a friend who does not have a church home. Remind them to bring their Bibles. Close with a circle prayer. Tell the children that you will start the prayer and pass it on to the next child, if anyone does not want to say a prayer, let them squeeze the hand of the next child to pass it on. When it comes back to you finish the prayer.

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