

SERIES DISCUSSION GUIDE



BLOODLINE PART 2: A LOVE STORY **CHAD BRUEGMAN** **FEBRUARY 08, 2026**

To view the message, visit rpc.me/messages.

LEADER

You go first:

- Introduce yourself.
- How long have you been attending RPC?
- What's a fun fact about you?

Have everyone introduce themselves using the same questions.

WARM-UP QUESTIONS

- What's your favorite way to spend a Sunday—watching sports, hanging with friends, exploring, or just relaxing?

Go over the Groups Covenant (*see below*). Be sure to start and end your group on time!

MESSAGE RECAP

This week we kicked off *Bloodline: It's a Love Story* by stepping into the book of Ruth. After losing her husband and both sons, Naomi faced a crossroads: stay in the place where pain found her, or take the harder path to a place of healing, hope and provision. Naomi is in one of those moments none of us plan for, a crossroads, when life hands you a chapter titled *pain*, whether through loss, trauma, sickness, career disappointments, or financial hardship.

Chad reminded us that healing is never the easy path. Pain left unattended tends to spill onto others, but when we choose healing, God uses it to bring freedom and blessing not just to us, but to the generations that follow.

DISCUSSION QUESTIONS

1. What's the best love story you've ever watched or read?
2. Read Ruth 1:1-5. What has happened to Naomi in the past decade of her life? (*Significant grief: loss of her husband, her two sons and any sense of security or provision.*)
3. Naomi is in one of those moments none of us plan for, a crossroads, where life changes direction. Looking back, have you ever had a season that changed the direction of your life? What made it hard or hopeful?
4. Ryan Leak says, "*Life is simply about choosing your hard.*"
 - For example: Do you want to forgive the person who hurt you the deepest or do you want to remain in unforgiveness? Do you want to remain in debt and keep facing that gorilla or do you want to get out debt?
 - Chad shared both bitterness and healing are hard paths but only one leads to freedom. Why do you think choosing healing often feels harder than staying in the pain?
5. Chad posed a question: *Will the road you choose make you bitter or better?* What are some early warning signs that bitterness is taking root in us?
6. We often hear the phrase "*Hurt people hurt people,*" but we don't often hear "*Healed people heal people.*" Where have you seen that play out in family, work or friendships?
7. Read Ruth 1:6–14. Naomi blesses Orpah and Ruth and tells them to return home, even though doing life alone would be dangerous for her in that culture.
 - What does that show you about Naomi's character, even while she's grieving?
 - Ruth stays. Orpah goes. Neither is portrayed as wrong. What does this teach us about the different callings, seasons, and relationships within families?
8. Read Ruth 1:19-22. Naomi says, "*Don't call me Naomi... call me Mara.*" (*Mara means bitter*) Naomi doesn't pretend she's fine; she's honest about her pain. Why do you think naming our feelings is such an important step toward healing?

APPLICATION QUESTION (*This section is designed to invite group members to reflect on and do on their own throughout the week.*)

9. Chad said pain that goes unattended often spills onto others. What's one small step toward healing or honesty you could take this week?

(*Examples: talking to a trusted friend, asking for help, slowing down, praying honestly, or just naming what hurts.*)

CLOSING PRAYER

Your closing prayer can include:

1. **Gratitude** – *Jesus, we thank You for bringing us together and for the insights we find in Naomi's story.*

2. **New insights & Guidance**– *Give us the courage to choose the path of healing, even when it's hard. Help us to be honest with You about our pain and trust You with our next steps. Amen.*
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LEADERS

Please take attendance and follow up with anyone who did not attend this week.

GROUP COVENANT

Be there and be on time if at all possible.

Respect each other's religious backgrounds, denominations, and political views (please avoid), should they happen to come up.

Keep prayer requests and sharing confidential within your group.

Condense your personal sharing so as to give time for everyone to participate. Extroverts manage yourselves. Introverts we want to hear from you.

Resist fixing and advising unless the other person requests input.

Focus on your own individual thoughts and feelings as you share with the group. Respect spouses or other family members by not saying anything that will embarrass them.

Be as vulnerable as you are comfortable; no one is required to share. Vulnerability begets vulnerability.

Appreciate and respect each person's contribution. So be mindful of allowing others to finish their thought by not interrupting or hijacking their story.

Please put your cell phone on silent and only reference it for emergencies.

We love and support our entrepreneurs who have home businesses, but would ask that you not use Groups as a place to market.

Pray for the group members as they come to mind during the week. Help bring snacks/food when it is your week.

