

## DAY 6: SATURDAY, JANUARY 11

### LET ME BE FULL, LET ME BE EMPTY

The first chapter of the book of Ruth begins on a sorrowful note. Naomi first grieves the death of her husband Elimelek, and then ten years later, mourns the death of her two sons, Mahlon and Kilion. Losing your three closest family members would be incredibly difficult for anyone, but especially at that time, this would have put Naomi in a vulnerable and precarious position as a woman without a husband or sons to protect and provide for her. When Naomi heard that God was providing for His people back in her hometown of Bethlehem, she decided to courageously take the journey and move back home. When she arrived, this is what Naomi said to those who greeted her in Ruth 1:20-21 (NIV): “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter. I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.”

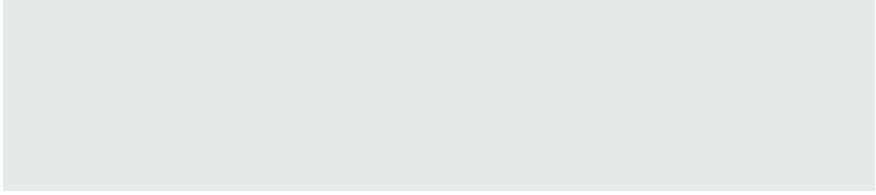
Though we may or may not have experienced loss and emptiness to the level that Naomi experienced, we all can relate to her in some way. We have all felt the feeling of emptiness she describes whether it’s grieving the loss of a loved one, grieving a miscarriage, struggling with infertility, struggling with depression, struggling financially, or something else altogether. None of us want to experience emptiness, but often the circumstances of our lives leave us feeling more empty than full.

Paul says in Philippians 4:11b (NIV): “I have learned to be content whatever the circumstances.” Ask God to teach you to be content in all circumstances, whether you are full or empty.

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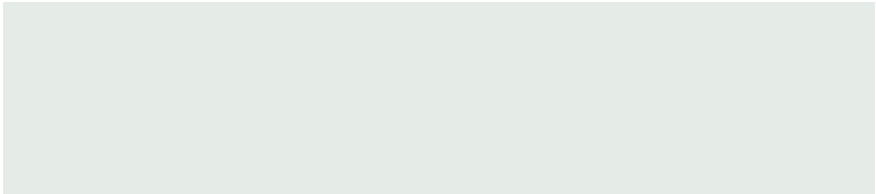
## ***PAUSE***

When you think about the circumstances of your life, do you feel full, or do you feel empty? When you think about your spiritual life, do you feel full, or do you feel empty? Why or why not?



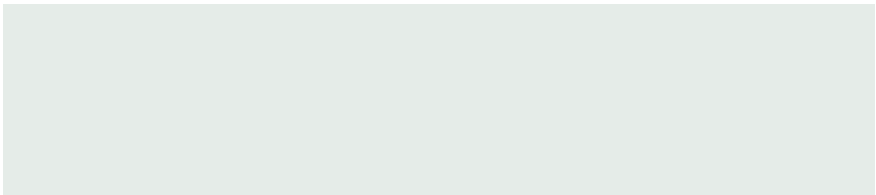
## ***REJOICE***

Take some time to rejoice and praise God for the ways that your life is full of blessing.



## ***ASK***

Ask God to reveal to you what area(s) of your life there is discontentment.



## ***YIELD***

“Let me be full, let me be empty.” This is a difficult prayer to pray and really mean it. Take some time to meditate and consider what praying this prayer truly means. Then, as you are ready, yield to God your discontentment and pray this prayer with sincerity and boldness: “Let me be full, let me be empty.”

Take a few minutes to pause and sit in silence to wait on the Lord to speak to you. Write down anything that you hear from God. Additional Prayer Pages start on page 26.