How Did Ruth Show Self-Sacrifice and What Does This Teach?

Listen to the [Story Of Ruth](https://www.youtube.com/watch?v=PEljSjqySDU)

**Self-sacrifice means putting someone else’s needs first before your own needs.**

 Think about the story…

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What choices did Ruth make and why?

What helped Ruth to make these choices?

Do you think that Ruth made the right choice?

 Activity:

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Write about a time when you have had to put the needs of someone you care about before your own.

Include:

What made you decide to do this?

What was the outcome?

How did you feel after doing this?

How do you think the person felt after you did this for them?