What is simplicity? Simplicity can be described as the baseline lifestyle that a disciple of Jesus lives out as the Holy Spirit leads us, in moderation, to desire intentional, mindful and restrained choices in *all* areas of our lives.

However, as women, we can sometimes make this too complicated – do that, read this, be there, etc. In moving forward, our lives can begin to get out of control and we automatically have a feeling that something’s off. We long to assert our self-control and try to fix the problems on our own. The Bible teaches us that we cannot do this alone.

In the book of Ruth, we are shown that Ruth’s path was far from easy. Ruth was from Moab, a nation hostile towards Israel. Jews often hated people who were from Moab. Ruth married Mahlon, who had traveled from Bethlehem to Moab due to a famine which had struck the land. She eventually lost her husband and father-in law, and going forward she labored as a single woman with her grieving mother-in-law, Naomi. She watched over her aging mother-in-law as if she were her own mother.

Just like Ruth, most of us have experienced difficult paths in our lives. Although these challenges may not be as great as loosing someone close to us, they are still our challenges that are difficult for us. A couple of years ago, I faced a number of challenges in the same year. I was in a serious car accident which caused my car to roll over. The car was totaled. Although I sustained somewhat serious injuries to my neck and upper back, fortunately the injuries were not severe enough to involve hospitalization or surgery. That same year, COVID hit. I had already been confined to the house for several weeks due to my automobile injures. So just when I felt well enough to venture out of the house, we were quarantined in our homes for several weeks due to this announced pandemic. This resulted in my being isolated at home for 3 months or more which was challenging. Later that same year, a storm caused a tree to fall on our house. The tree knocked out a big bay window, damaged our side deck and caused roof damage. Despite all of the damages and the inconvenience this caused us, our house remained livable after covering the bay window with a tarp until repairs could be made.

Ruth stands out for her virtues of kindness and humility. Moving forward with simplicity, she abandoned her lifelong home and her pagan gods. She did as she was told, trusting her mother-in-law and God. Ruth followed Naomi back to Bethlehem. pledged to worship God and married Boaz. Her choice was made and she never looked back. She was rewarded when she married Boaz, who gave her love and security, and rescued both women from poverty.

Although none of us really know what lies ahead as we move forward, just like Ruth, we know the one true God who loves us and cares for us, and deserves our obedience. Even though I had a challenging year, I did not worry with sinful doubts and clouded outlook thinking my challenges were impossible to overcome. I had to remind myself that God is still with me despite going through the hard times of my life. Our God can do amazing things if we will just wait in patient trust. He is so faithful and always provides ways to help us with our smallest concerns.

In closing, I would like to share the following verse:

“Blessed is the [woman] who remains steadfast under trial, for when [she] has stood the *test [she] will receive the crown of life, which God has promised to those who love him.” –*[*James 1:12*](https://biblia.com/bible/esv/James%201.12)