

**Sinclair Missionary Baptist Church**  
**Dr. Frankie L. Coleman, Sr., Pastor**  
**January 18, 2026**  
**Today's Title:**  
**"Forgive Yourself And Move On"**  
**Today's Text: Ruth 1:1-5, 19-22 (NKJV)**

- 1. If you are going to move on, you have to forgive yourself for \_\_\_\_\_ that were \_\_\_\_\_. v.1-2**
- 2. If you are going to move on, you have to forgive yourself for \_\_\_\_\_ that were \_\_\_\_\_. v. 3-6**
- 3. If you are going to move on, you have to forgive yourself for \_\_\_\_\_ that were \_\_\_\_\_. v. 20-21**

1 Now it came to pass, in the days when the judges ruled, that there was a famine in the land. And a certain man of Bethlehem, Judah, went to dwell in the country of Moab, he and his wife and his two sons. 2 The name of the man was Elimelech, the name of his wife was Naomi, and the names of his two sons were Mahlon and Chilion—Ephrathites of Bethlehem, Judah. And they went to the country of Moab and remained there. 3 Then Elimelech, Naomi's husband, died; and she was left, and her two sons. 4 Now they took wives of the women of Moab: the name of the one was Orpah, and the name of the other Ruth. And they dwelt there about ten years. 5 Then both Mahlon and Chilion also died; so the woman survived her two sons and her husband.

19 Now the two of them went until they came to Bethlehem. And it happened, when they had come to Bethlehem, that all the city was excited because of them; and the women said, "Is this Naomi?"

20 But she said to them, "Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me. 21 I went out full, and the Lord has brought me home again empty. Why do you call me Naomi, since the Lord has testified against me, and the Almighty has afflicted me?"

22 So Naomi returned, and Ruth the Moabitess her daughter-in-law with her, who returned from the country of Moab. Now they came to Bethlehem at the beginning of barley harvest.