

Weekly Newsletter

16th June 2026



Holyrood
Church

Reflection: Out of your comfort zone

By Lorna Ferguson

"Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God." (Ruth 1:16b)

This year I'm using a devotional guide alongside a Bible reading plan, and I've been struck by how often God speaks through passages that seem unrelated at first. This happened recently as I read the book of Ruth alongside the beginning of Matthew 10. If you have a moment, perhaps you could read both passages and see if you notice any common themes.

Most of us are familiar with the story of Ruth. She was from Moab but married into a Jewish family. After the deaths of her husband and father-in-law, she chose to return to Bethlehem with her mother-in-law, Naomi.

Imagine yourself in Ruth's place. You arrive in a foreign town where you might be viewed with suspicion or even hostility because of your nationality. You have no food and no security. What would you do?

We might expect Naomi to take initiative since she is back in her hometown. Instead, at the beginning of Chapter 2 it is Ruth who acts, going to the fields to gather leftover grain behind anyone in whose eyes she finds favour. God's law required harvesters to leave the grain at the edge of the fields for the poor and the foreigner, but this was no guarantee of safety or success for a Moabite widow. As Boaz's words in verse 9 suggest, gleaning could be risky. Still, Ruth steps out of her comfort zone, not knowing whether or not she will succeed.

We see a similar pattern in chapter 3. Naomi tells Ruth to go to the threshing floor where the men are eating and drinking, uncover Boaz's feet and lie down. This was not a safe or comfortable situation and Ruth did not know how things would turn out. Yet she obeyed Naomi and went.

What enabled Ruth to step out of her comfort zone, unsure if she would be met with favour or rejection? We are not told explicitly, but I think we can trace it back to Ruth's statement in 1:16. She had decided that Naomi's God would be her God, and that she was going to trust him.

Now let's consider the disciples in Matthew 10:5-15. Jesus sends them out to the lost sheep of Israel, to proclaim the message of the kingdom of heaven, heal the sick and drive out demons. Yet they are not to take anything with them – no money, no bag, no change of clothes, not even a staff. Instead, in each town and village they are to rely on the hospitality of others.

Imagine being one of the disciples sent out on this task. Would you feel comfortable setting out with nothing? At first glance, going to the Jewish people might seem easier than going to the Gentiles or Samaritans, but the disciples knew that many Jews were hostile to Jesus' message. Jesus even warned



that some places would welcome them, but that others would not. In fact, he told the disciples he was sending them out as sheep among wolves – hardly a comforting thought.

Why did Jesus send the twelve out like this? It was so that they would learn to rely not on themselves, but on the Lord who sent them, a lesson they could only learn outside their comfort zone.

What do you do when you sense God asking you to step out of your comfort zone? It might involve a major decision like changing jobs or moving somewhere new. Or it might be something like speaking to a friend or colleague about your faith in Jesus. When you sense that nudge, how do you respond? Do you hold back, hoping the feeling will go away, or do you step out, trusting God whatever the outcome?

Most of us probably prefer to stay in our comfort zone. But that is not where we grow. It is as we step out not knowing what will happen, as we choose to rely on the Lord for all that we need, that our knowledge of and trust in God can deepen. So, when he calls us out of our comfort zone, however daunting that may feel, we too can seek to respond in faith, just as Ruth and the disciples did all those years ago, trusting God with the outcome.

Women's Lunch – Thursday 25th June

On **Thursday 25th June** we are going for lunch together at The Herringbone at 12.15pm (not 12.30pm as previously advertised!). All women are welcome! Please let Liz (liz@holyroodchurch.org) know if you're coming and we'll book a table.

Psalm Singing Evening – Friday 26th June

Buccleuch Free Church are hosting an evening of psalm singing by The City Psalms on **Friday 26th June**. Come from 7pm for refreshments and the singing will start at 7.30pm. The last couple of events have been a real encouragement, with people coming from a wide variety of churches in Edinburgh to sing praises to God together!

Community Picnic – Saturday 27th June



Our Community Picnic (hog roast with veggie option and children's games in the park) will take place on **Saturday 27th June** from 12 noon to 3pm. Flyers are available in the church foyer, please take some and pass them to friends and family.

If you are coming along, please bring a garden chair or blanket to sit on in the park. Thank you!



Summer Appeal 2026

Each year our Summer Appeal goes towards the support of our three Holyrood missionaries – Lorna Ferguson (serving with OMF in Japan), James Stewart (serving with OMF in Singapore) and the Sorsamo Family (serving with Wycliffe in Finland). The appeal runs during June and July.



There are two ways you can give:

1. Electronically via BACS payment to the church account: Sort Code 80-22-60, Account number 12345666 and use the reference 'Summer Appeal'
2. By cheque or cash in the offering box marked 'Summer Appeal'

Please speak to Nick Archer if you have any questions about how to give. Thank you!

CS Lewis Institute – Wednesday 1st July

The CS Lewis Institute (CSLI) have invited us to an in person talk on Wednesday 1st July from 7-9pm at the Community Church Edinburgh. Dr Joel Woodruff, President of the CSLI, is over from Washington and will run a seminar on Leaving a Dynamic Spiritual Legacy.

This practical evening will help you intentionally plan to leave a lasting spiritual legacy which will impact your neighbours, friends, children, grand-children and the next-generation for Jesus Christ. For more details go [here](#).

Church Calendar

This week for your info and prayers:

- Wednesday: Prayer Meeting from 7-8pm in the church (with an online option).
- Thursday: Women's Bible Studies from 10.30 – 11.30am in the church (last one before the summer!)
- Friday: Holyrood Youth from 7-9pm. Contact Liz@holyroodchurch.org for more details.
- Sunday:
 - Worship Service at 10.30am followed by the Sunday Club and Youth Prizegiving – Joe Barnard preaching (live streamed)
 - Evening Service at 6pm – Joe Barnard preaching
- Monday: Communication Team Meeting at 7.30pm online

