

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

## NURTURE

CARE & FEEDING, LOVING SUPPORT



**N**urture is caring for someone, providing help and nutrition to promote their welfare and development. Nurture is “love in action.” It is doing things for the welfare and benefit of others.

Using the definition above, do I practice nurture with others? How?




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Using the definition above, do I practice nurture with myself? How?

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How would I rate myself on showing nurture to others?

Poor \_\_\_ Fair \_\_\_ Good \_\_\_ Excellent \_\_\_ Date \_\_\_

*Symptoms and consequences . . .*

### HOW TO TELL WHEN NURTURE IS LACKING

When nurture is lacking, people care only about themselves and not the needs of others. People feel isolated, lonely, neglected. The closeness that develops when people help, and are helped, is missing.

Self-centeredness and pride are major reasons why people fail to care for others. Sometimes, we don't even see the needs, or the value of the help we could give. At other times we may say we are too busy to get involved. We don't nurture others because love is often inconvenient.

**You can give without loving, but you cannot love without giving.**

– Amy Carmichael

**Who do I find it hard to show nurture to?**

*List 1-3 names, codes, or initials*




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**Why?** \_\_\_\_\_

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**Who do I find it easy to show nurture to?**

*List 1-3 names, codes, or initials*




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**Why?** \_\_\_\_\_

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Date \_\_\_\_\_

## Seed 8

### LIFESKILLS

12Seeds™

RESPECT  
ENCOURAGEMENT  
LISTENING  
APPRECIATION  
TRUST  
INTEGRITY  
ORDER  
NURTURE  
SYNERGY  
HOPE  
IDEALS  
PARDON

FOR GROWTH

Nurture helps fill the human need for:

**Love**



Love is patient, love is kind . . . It always protects, always trusts, always hopes, always perseveres. Love never fails.

– 1 Corinthians 13:4a, 7-8a

**Write below what the verses above mean to you.**




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*There's a good harvest . . .*

**WHEN NURTURE GROWS**

When nurture grows, needs are filled. People feel cared for, and they are cared for. People come to realize the joys of giving and receiving help. They come to realize that “we need each other.”




**SOME OF THE BLESSINGS WHEN NURTURE GROWS:**

- People get the help they need.
- People experience the joy of helping others.
- Skills and resources are put to worthy use.
- The Lord is pleased as we show our love for Him in the way we love others.

**Cast your cares on the Lord and He will sustain you; He will never let the righteous fall.**

– Psalms 55:22

**Which blessings are the most important to me?**

 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


*Considering the examples on the right → → → → → → → → →*

**AM I PRACTICING NURTURE WITH . . .**

- **Family members?** Yes No *If yes, how?*

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*How could I improve?*

 \_\_\_\_\_

- **Friends and acquaintances?** Yes No *If yes, how?*

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*How could I improve?*

 \_\_\_\_\_

- **Authority Figures?** Yes No *If yes, how?*

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*How could I improve?*

 \_\_\_\_\_

***What will I commit to do in order to better practice this seed?***

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_ Signed \_\_\_\_\_

**HABITS TO HELP NURTURE GROW:**

**PRAYER**

Dear Lord, thank You for the many ways You nurture me. Help me to be more sensitive to the needs of others.

**THOUGHTS & ATTITUDES**

We all need help. How can I help the people around me? What do I have that someone else needs?

**WORDS**

“How can I help?”  
 “What do you need?”  
 “I’m inspired by all you do for others!”

**ACTIONS**

Give things to people that they need.  
 Give of your time for the benefit of others.

**FELLOWSHIP**

Join or start a group to help people on an ongoing basis.  
 Get involved in community projects.