

PRAYERS

Some suggestions . . .

- Dear Lord, thank You for the many ways You nurture me.
- Dear Lord, please help me to be more sensitive to the needs of others.
- Dear Lord, please help me to care for others and lovingly support them.

THOUGHTS & ATTITUDES

Affirm thoughts like these . . .

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

Other suggestions . . .

- Remember that you could be a blessing in the life of some other person.
- Remember the people whom the Lord has used to bless your life.
- Think more often of the needs of others.

WORDS

Suggested things to say or write to others . . .

- “How can I help?”
- “I’m inspired by all you do for others!”
- “You’re moving on Saturday? I’ll be there!”

ACTIONS

Suggestions . . .

- Give or lend things to people who need them.
- Give of your time for the benefit of others.
- Join or start a group that commits to help certain people on an ongoing basis.
- Get involved in neighborhood projects.

DISCUSSION

For personal reflection or group consideration . . .

1. What do the Scriptures say about nurture?
2. Why does the Lord care for us?
3. What’s a good example of nurture?
4. What could I do to nurture others more?
5. What will I commit to doing?