



Marriage Growth-Track

Week 8 - Day 1

Nurture and Cherish

by Jason and Georgia Davis

For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.

Ephesians 5:29

- The definition of nurture is to care for and protect.

When you think of the word nurture what pops into your head first? For most people, it's nurturing kids. Children are growing, living things that must be cared for and protected to reach their fullest potential. As children try different activities, we watch them and notice their strengths and natural abilities to steer them to reach their fullest potential. We often forget that our marriages are the same. What about observing your spouse in the same way. Observing on a deeper level, not just knowing their favorite food or flower, but knowing their strengths, weaknesses and goals. In this way, you can help your spouse develop their strengths, you can supplement the weaknesses and you can also help them achieve their goals. Helping a spouse with these areas will naturally strengthen your marriage.

- A God-centered husband/wife is one who nourishes (grows) and cherishes (warms) the other.

Discussion Questions:

1. Do you think you have a good understanding of your Spouse's strengths, weaknesses, desires, and aspirations?
2. What can you do to find out more about these aspects of his or her character and personality?

Action Steps:

List what you think your flaws and weaknesses are and share them with your spouse. Then talk about ways you can highlight one another's strong points, and complement one another's weaknesses.

Prayer:

Father God, thank you for giving us the blessing of marriage. Please give us the strength and will power to nurture our marriages. Over the next week reveal to us ways that we can better nourish and cherish our spouse.