

A Love That Nourishes

Today's Reading: Ephesians 5:28–30; Ecclesiastes 4:9–10 | Audio: Day 3

“For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: for we are members of his body, of his flesh, and of his bones.”

— Ephesians 5:29–30 (KJV)

“Two are better than one... for if they fall, the one will lift up his fellow.”

— Ecclesiastes 4:9–10 (KJV)

DEVOTIONAL

To nourish means to feed, strengthen, and help something grow. To cherish means to hold something with care, warmth, and protection. Paul says this is how Christ loves the church. He does not leave it weak and unattended; He cares for it as His own body.

That gives us a picture of what love is supposed to feel like in the body of Christ. People should be stronger because they are connected to us. They should feel safer, not more exposed. Encouraged, not constantly drained. Warmed by our presence, not left colder than before.

Solomon said two are better than one, because when one falls the other can help them rise. That is the design of godly community. We were never meant to walk alone, or to fall and be left there while everyone keeps moving. Love that nourishes stops. It notices. It reaches. It lifts.

This may sound simple, but it is deeply needed. Many people are surrounded by others and still feel alone. They may be smiling, serving, and showing up while quietly carrying discouragement, grief, fear, or shame.

Nourishing love pays attention. It may look like asking, “How are you really doing?” and waiting long enough to hear the answer. It may look like bringing a meal, making a call, praying with someone, or simply being present without trying to fix everything. Sometimes nourishment is steady rather than dramatic: a kind word, a listening ear, a consistent friendship, a reminder that someone is not forgotten. This is how Christ loves us—He feeds us with His word, strengthens us by His Spirit, restores our soul, then calls us to become channels of that same care.

PEOPLE SHOULD LEAVE OUR PRESENCE

Stronger, not drained • Safer, not exposed • Warmed, not left colder

DAY 3 • JOURNAL & RESPONSE

REFLECT

1. *Do people feel warmer and stronger after being near you?*

2. *When someone falls, are you willing to help lift them up, or do you keep walking?*

RESPOND: TODAY'S PRACTICAL STEP

Reach out to one person today—not because you need something, but because you want to strengthen them:

- ☐ Send a message.
- ☐ Make a call.
- ☐ Pray for them by name.
- ☐ Show up and simply be present.

Who needs to know today that they are seen, valued, and not alone:

DAY 3 • PRAYER

PRAY

Lord Jesus, thank You for nourishing and cherishing us. Thank You for caring for us when we are weak, tired, and discouraged. Make us people who strengthen others. Open our eyes to those who are falling, lonely, or weary. Help us not to walk past pain, but to respond with compassion. Let our presence bring warmth, safety, and encouragement. Teach us to love Your body the way You do. In Jesus' name, amen.

My own prayer:

REMEMBER THIS

Love helps others rise.

Going Deeper: Romans 12:10–13 • 1 Thessalonians 5:11 • Psalm 23:1–3

This devotional is a tool for reflection, not a substitute for pastoral care or professional counseling. If what surfaces feels too heavy to carry alone, please reach out to a pastor or a trusted, qualified counselor at New Life Tabernacle Carrollwood.