


12 Seeds Growing in Love is a series published by 12 Seeds International, Inc. 1515 E. 66th St., Mpls., MN 55423

**Purpose:** to help followers of Christ obey His command, recorded in John 13:34: "Love one another."

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**Please pray:** for the families, friends, teammates, students, military personnel, inmates, released offenders, recovering addicts, and others who are striving to increasingly practice the 12 Seeds in their daily living with the Lord and with others.

## What do you value?

You may have heard the story about the man who went into a store where someone had switched all the price tags. Items that had been priced at \$299.95  now carried tags that said \$1.95. Items that had been \$2.49 now were priced at \$345.00, and so on.

The story goes on to point out that when we come into a living relationship with the Lord, our value system changes. Things that once were very valuable to us have lesser value; things that were once of little value to us now have great value.

What do you value? Your relationship with the Lord? Relationships with others? People? Do you value people like Jesus Christ values people?

*How much do you know about . . .*

### APPRECIATION

1. A brief working definition for appreciation is: "grateful recognition of \_\_\_\_\_." a. food b. value c. possessions d. time
2. In 1 Thess. 5:16-18, St. Paul urges us to "give \_\_\_\_\_ in all circumstances." a. criticism b. suggestions c. thanks d. directions
3. To appreciate is to show \_\_\_\_\_ and recognition. a. aloofness b. thankfulness c. indifference d. independence
4. Appreciation helps fill the human need to be \_\_\_\_\_. a. funny b. smart c. always right d. valued

*Answers on other side.*

## APPRECIATION

GRATEFUL RECOGNITION OF VALUE

**Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.**

– 1 Thessalonians 5:16-18

Appreciation is grateful recognition of the value, quality or significance of a gift, deed or person. To appreciate is to show thankfulness and recognition. Giving this seed helps fill the human need *to be valued*.

**Appreciate others!**

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### A PRAYER

**Dear Lord, thank You for all that You are and for all that You do. Please help me to more fully appreciate You, and the people you place in my life. Please guide my thoughts, words and actions so that I am always showing forth a heart full of gratitude to You and to others. In Your Name, Amen.**

The 12 Seeds are Biblically based relationship principles that are lived out through five habits in order to love others. All scripture quotations, unless otherwise indicated, are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright ©1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved.

FOR REFLECTION AND DISCUSSION

**Consider these verses . . .**

Psalms 100:4

Matthew 14:19

I Corinthians 15:57

Ephesians 5:20

I Thessalonians 1:2; 5:16-18

**Consider these questions . . .**

How is giving appreciation to someone a way to love them?

Do you express appreciation to others? How?

What could you do to show more appreciation to others?

What *will* you do?

*Answers to quiz on side 1:*

1. b 2. c 3. b 4. d

**How happy a person is depends upon the depth of his gratitude.**

– John Miller