

Day

28 Review Scripture Verses
Read over all the verses on page 122 in the 12 Seeds book. Circle the verse for any seed(s) you had trouble with in quiz on Day 27. Write the verse, or an excerpt of it, that you'd like to focus on:

29 Very Important People (VIPs) in your life
List on lines below the names of some of the VIPs in your life. You may wish to write the first names of family members, friends, co-workers, others.

30 Commitments.....
What will you do to grow better relationships with the above VIPs? **I will . . .**
 Pray regularly for the 12 Seeds to grow in my life
 Pray regularly for VIPs above & their relationships
 Pray that I will relate better with the above VIPs, esp. in practicing the seed(s) of: _____

- Memorize the verse I listed above
- Pray for a specific relationship
- Take another person or group through this course
- Lead a group (ex: family, support group, Bible study group) in discussing the 12 Seeds
- Get an accountability partner or group
Name of partner or group: _____
- Pray regularly for accountability partner or group
- Write commitments on calendar, to-do list, and/or on tear-off section below
- _____
- _____

Visit www.12seeds.org for more ideas and tools

Date completed:

With God's help, I will fulfill the above commitments.

Signature Date

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You may want to jot down names of people or relationships to pray for.

- Very Important People**
- Family Members
 - Friends
 - Neighbors
 - Co-workers
 - Church/group Members

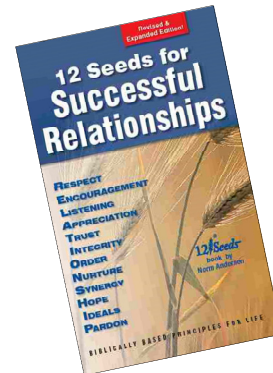
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30 Day Basic PRO RELATIONSHIPS COURSE GUIDE

Version 1.1

Preparation...
Restoration...
On-going Growth...
... for life together!

*A Course for Relationships
A Course for Life*



This course guide is designed to be used with the book: *12 Seeds for Successful Relationships.*

"I've been waiting for something like this!"
– comment from a 12 Seeds mentor

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Use space below for insights, reminders, experiences or other things to share with an accountability partner or group.

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

The 30 Day Basic PRO RELATIONSHIPS COURSE

Recommended: Start this course on the first day of any month, then check off as you read the study for each day.

Highlight those parts in each chapter of the *12 Seeds* book that are most meaningful to you. In the *Practical Applications* section of each chapter, look up the Scripture verses and make brief notes beside each reference as to what that passage says about the seed.

Date started:

Day	Page #	☑
1	What Everyone Should Know about Seeds....	90 <input type="checkbox"/>
2	Five Habits for Success	95 <input type="checkbox"/>
3	Respect	11 <input type="checkbox"/>
4	<i>Practical Applications</i>	17 <input type="checkbox"/>
5	Encouragement	19 <input type="checkbox"/>
6	<i>Practical Applications</i>	24 <input type="checkbox"/>
7	Listening	27 <input type="checkbox"/>
8	<i>Practical Applications</i>	31 <input type="checkbox"/>
9	Appreciation	33 <input type="checkbox"/>
10	<i>Practical Applications</i>	37 <input type="checkbox"/>
11	Trust	39 <input type="checkbox"/>
12	<i>Practical Applications</i>	43 <input type="checkbox"/>
13	Integrity	45 <input type="checkbox"/>
14	<i>Practical Applications</i>	49 <input type="checkbox"/>
15	Order	51 <input type="checkbox"/>
16	<i>Practical Applications</i>	55 <input type="checkbox"/>
17	Nurture	57 <input type="checkbox"/>
18	<i>Practical Applications</i>	61 <input type="checkbox"/>
19	Synergy	63 <input type="checkbox"/>
20	<i>Practical Applications</i>	67 <input type="checkbox"/>
21	Hope	69 <input type="checkbox"/>
22	<i>Practical Applications</i>	73 <input type="checkbox"/>
23	Ideals	75 <input type="checkbox"/>
24	<i>Practical Applications</i>	79 <input type="checkbox"/>
25	Pardon	81 <input type="checkbox"/>
26	<i>Practical Applications</i>	85 <input type="checkbox"/>

Day ☑

27 Test Your Knowledge ☐

Fold back left page so that only this page is visible. Then write in lines below, to the left of the dotted line, the name of each seed (the first one is done for you):

Seed	Brief definition
R ESPECT	_____
E _____	_____
L _____	_____
A _____	_____
T _____	_____
I _____	_____
O _____	_____
N _____	_____
S _____	_____
H _____	_____
I _____	_____
P _____	_____

Next, write the brief definition for each seed to the right of the dotted line above. Choose from the list below:

- | | |
|----------------------------------|---------------------------------------|
| 1. Grateful recognition of value | 7. Care & feeding, loving support |
| 2. Confidence in another | 8. Positive expectations |
| 3. Regard, esteem, honor | 9. Cooperation, teamwork |
| 4. Forgiveness & release | 10. Moral strength & wholeness |
| 5. Inspiring with courage | 11. Structure, priorities, guidelines |
| 6. Striving to hear; heeding | 12. Values & models of excellence |

Check your answers by looking at page 93 in the 12 Seeds book. Correct your answers as needed.


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

FOLD HERE



5 WAYS TO PLANT THE 12 SEEDS

1. **Pray** for people and relationships. Pray for specific seeds that need to grow in your life.
2. **Meditate** on Scripture. Become more other-centered. Develop a loving, "12 Seeds attitude" toward others.
3. **Bless** others with your words. Speak to others with words of Respect, Encouragement, Appreciation, Hope.
4. **Serve** others by your actions. Treat them with Integrity, Nurture and the rest of the seeds.
5. **Meet** with others regularly to pray, meditate, bless and serve, practicing all of the seeds with one another in love.