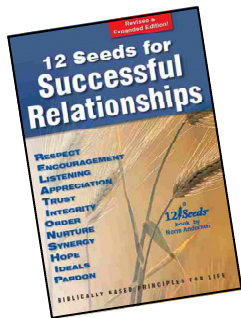


INSIGHTS & EXPERIENCES IN APPLYING THIS SEED:

You may want to share some of your notes above with others.

Study the seed you need to grow in the **12 Seeds Book.**



A concise manual for understanding each seed, with over **250** prayers, thoughts words and actions that help relationships grow!

FREE TOOLS
available at our website:
www.12seeds.org

www.12seeds.org

This guide is designed to help you . . .

- ◆ Identify one seed that needs to grow in your life!
- ◆ Grow that seed with the Lord's help!
- ◆ Enjoy better relationships and be more of a blessing to others!



The 12 Seeds are . . .

- ◆ **Planted in Character**
- ◆ **Cultivated in Relationships**
- ◆ **Harvested in Life Together**



12 Seeds International
1515 East 66th St., Richfield, MN 55423
www.12seeds.org

phone: 612-866-5927
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Grow One!

PERSONAL SEEDGROWING GUIDE

SCRIPTURE VERSION 2.0



For Character, For Relationships, For Life

Grow one seed!
Reap a great harvest!

***“It’s difficult to work on
all the seeds at once . . .
. . . but I can work on one!”***

IDENTIFY ONE SEED

- Pray for wisdom** to identify one seed.
 - Identify one seed** that needs to grow.
(See the chart on the next panel)
- Suggestions:*
- ◆ **Identify a “Bad Seed”** to overcome. If you see a “Bad Seed” that’s in your life, select the related “Good Seed.”
 - ◆ **Identify a need to fill.** Find a need you’d like to help fill, select the related seed.
 - ◆ **Ask someone** (*only for the brave*): Ask a person close to you to identify a seed you should study. *Thank that person, graciously.*
- Print name of selected seed in the box** at top of panel at far right.

UNDERSTAND THE SEED

- Read the chapter in the 12 Seeds book** for the seed that you selected; highlight the important points.
- Fill in the “what I need to remember”** blanks at top of panel at far right.
- Jot down answers to questions below:**
 1. Why is this seed important in my relationship with the Lord?
 2. Why is it important in my other relationships?
 3. Why do I at times fail to practice this seed?
 4. How is growing this seed a way to love others, seeking their highest welfare?
 5. What will I do to grow this seed in my relationships? (write in *I will* blanks)

This panel shows “Bad Seeds” with corresponding “Good Seeds.” Under each “Good Seed” is a working definition and also, in *italics*, the need that the seed helps fill.

Bad Seeds

disrespect
rudeness

discouragement
negativity

inattentiveness
insensitivity

ingratitude
unappreciativeness

distrust
suspicion

dishonesty
infidelity

disorder
confusion

self-centeredness
uncaring spirit

uncooperativeness
discord

hopelessness
pessimism

baseness
profanity

unforgiveness
resentment

Good Seeds

RESPECT
REGARD, ESTEEM, HONOR
significance

ENCOURAGEMENT
INSPIRING WITH COURAGE
courage to press on

LISTENING
STRIVING TO HEAR; HEEDING
attention

APPRECIATION
GRATEFUL RECOGNITION OF VALUE
to be valued

TRUST
CONFIDENCE IN ANOTHER
security

INTEGRITY
MORAL STRENGTH & WHOLENESS
authenticity

ORDER
STRUCTURE, PRIORITIES, GUIDELINES
structure

NURTURE
CARE & FEEDING, LOVING SUPPORT
to be loved

SYNERGY
COOPERATION, TEAMWORK
to work together

HOPE
POSITIVE EXPECTATIONS
motivation to go on

IDEALS
VALUES AND MODELS OF EXCELLENCE
to focus on higher things

PARDON
FORGIVENESS AND RELEASE
forgiveness

12 Seeds™

WHAT I NEED TO REMEMBER ABOUT THIS SEED

WORKING DEFINITION

THE NEED THIS SEED HELPS FILL

THEME VERSE (*write all or part of the verse here*):

I will . . .

(see **5 Habits** in *12 Seeds* book, page 95)

WITH GOD’S HELP, I WILL DO THE ABOVE

SIGNATURE

DATE

- (optional) I’ve asked a friend to hold me accountable to these commitments.

Name of friend: _____