

12Seeds™ Introductory Matchup Exercise

RESPECT

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

Honor one another above yourselves.
– Rom. 12:10

ENCOURAGEMENT

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

... let us encourage one another ...
– Heb. 10:25

LISTENING

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

Everyone should be quick to listen ...
– James 1:19

APPRECIATION

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

... give thanks in all circumstances ...
– I Thess. 5:18

TRUST

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

Trust in the Lord with all your heart ...
– Prov. 3:5

INTEGRITY

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

The integrity of the upright guides them ...
– Prov. 11:3

SECOND FOLD



Seeds for the heart, given by God, to share in life together.

ORDER

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

**Everything should be done in a
fitting and orderly way.**
– I Cor. 14:40

NURTURE

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

Love never fails.
– I Cor. 13:8

SYNERGY

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

**Now you are the body of Christ,
and each one of you is a part of it.**
– I Cor. 12:27

HOPE

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

**May the God of hope fill you with all joy and peace ...
so that you may overflow with hope ...**
– Rom. 15:13

IDEALS

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

**Whatever is true ... noble ... right ... pure ...
lovely ... admirable ... excellent or praiseworthy –
think about such things.** – Phil 4:8

PARDON

BRIEF DEFINITION: _____

HELPS FILL NEED FOR: _____

Forgive as the Lord forgave you.
– Col. 3:13

FOLD HERE FIRST



Suggestions: 1) Select a brief definition from list below and write in blank below matching seed. 2) Do the same for the needs. 3) Fold this panel back. 4) Make second fold so the seeds are outside. 5) Use as a bookmark.

Brief Definitions

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

Needs the 12 Seeds help fill

1. Authenticity
2. Motivation to go on
3. Courage to press on
4. To work together
5. Attention
6. Significance
7. Structure
8. Forgiveness
9. To focus on higher things
10. To be valued
11. Security
12. To be loved

To learn more about each seed, plus the 5 habits for growing the seeds, steps toward healing a relationship, and more, see the book, *12 Seeds for Successful Relationships*, available at: www.12seeds.org

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