

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

RESPECT

REGARD, CONSIDERATION, HONOR



Respect is regard for the existence, ideas and opinions of other people. To respect others is to treat them with dignity and honor. It is being thoughtful of others, treating them with courtesy.

Using the definition above, do I show respect to others? How?



Using the definition above, do I show respect to myself? How?

How would I rate myself on showing respect?

Poor ___ Fair ___ Good ___ Excellent ___ Date _____

Symptoms and consequences . . .

HOW TO TELL WHEN RESPECT IS LACKING

In a self-centered world, showing respect for others is often neglected or dismissed. The failure of so many people to grasp the importance of respect and to practice it regularly has brought many tragic consequences.

- Some people excuse themselves from giving respect because they think that others have not yet met their criteria for deserving it.
- Disrespect has caused marriages to break up, friendships to dissolve, and communities to become cold.

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

- Philippians 2:3

Who do I find it hard to show respect to?

List 1-3 Names, Codes, or Initials



Why? _____

Who do I find it easy to show respect to?

List 1-3 Names, Codes, or Initials



Why? _____

Date _____

Seed 1

LIFESKILLS

12Seeds™

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

FOR GROWTH

Respect helps fill the human need for:
Significance

Honor one another above yourselves.
- Romans 12:10b

Write below what the verse above means to you.



There's a good harvest . . .

WHEN RESPECT GROWS

When we respect others, it helps them *feel* important. Even more essential, it reminds them that they *are* important. Overall quality of life increases when respect grows. There is a “common courtesy” among people. People are more motivated, since respect is a pleasant thing to give and to receive.



SOME OF THE BLESSINGS WHEN RESPECT GROWS:

- People are reminded that they are significant.
- A proper self-image is nourished.
- Overall quality of life improves.
- Friendships are enhanced and able to grow.
- Family life improves.
- Schools, businesses and churches flourish.
- *The Lord is worshipped and glorified!*

Praise the Lord, O my soul; all my inmost being praise His Holy Name. - Psalm 103:1

Which blessings are the most important to me?

Considering the examples on the right → → → → → → → → →

AM I PRACTICING RESPECT WITH . . .

- **Family members?** Yes No *If yes, how?*

How could I improve?

- **Friends and acquaintances?** Yes No *If yes, how?*

How could I improve?

- **Authority Figures?** Yes No *If yes, how?*

How could I improve?

What will I commit to do in order to better practice this seed?

Date _____ Signed _____

HABITS TO HELP RESPECT GROW:

PRAYER

- Dear Lord, help me treat people with dignity and respect.

THOUGHTS & ATTITUDES

- The people around me are important.
- Think about others.
- Remember names.

WORDS

- “You are important!”
- “What do you think?”
- “I’d like to hear your ideas on this.”

ACTIONS

- Look at the person who is speaking.
- Let others go first.
- Good hygiene.
- Be on time – respecting a person’s time is respecting them.

FELLOWSHIP

- Being there for others.
- Practicing all of the above with others.