

# Loving others via the 12 Seeds – what does that look like?

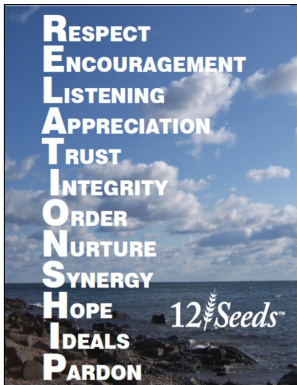
## It looks like the way Jesus loved people.

This type of love is called *Agape* – God’s love. A simple definition of this kind of love is: **seeking the best for another, or seeking the highest welfare of another.** Since welfare includes filling needs, this love seeks to help fill the needs of others.



## The 12 Seeds are 12 ways to practice this love.

**We receive God’s love, then share His love with others to help fill their needs.**



God loves us in many ways, including giving us respect, encouragement, listening and the rest of the 12 Seeds. Each seed helps fill an important human need. For example, the seed of *Respect* helps fill the human need for *significance*. *Encouragement* helps fill the need for *courage*, *Listening* the need for *attention*, and so on. As God loves us in these ways, we can then in turn love others as we give them each of the 12 Seeds.



## 5 Habits by which we can share this love

- 1) Prayer:** Thank God for His love. Pray that our relationship with Him and our relationships with others will grow. Pray that the way we relate to others will help fill their needs and contribute to their highest welfare. If there is a difficult relationship, pray that the Lord will reveal which of the 12 Seeds that you most need to work on – in order to better love the other person. Examples of prayers: *General: “Dear Lord, please help me to seek the highest welfare of others. Help me to treat others with Respect, Encouragement, (and so on).” Specific: “Help me to seek the best for (a person’s name) and help me to treat him/her with Respect.”*
- 2) Thoughts & Attitudes:** Think of others with a 12 Seeds attitude. Think more often of others, and think more often of their needs. Think about what is best for them! Examples: *General: Think: “I respect others. I seek to encourage them, etc.” Specific: “I respect (a person’s name). I seek to encourage (name).”*
- 3) Words:** Let the above prayers and thoughts control your words. When communicating with others, share words of Respect, Encouragement, and so on. Seek to bless others with benedictions (good words). Share the 12 Seeds benediction, which can be expressed: *“I wish for you Respect, Encouragement, Listening, Appreciation, Trust, (and so on).”*
- 4) Actions:** Let the prayers and thoughts above control your actions. As you serve, serve respectfully, in an encouraging way, while listening to others (and their needs), and so on. Let your practice of the 12 Seeds show that you want the best for others.
- 5) Fellowship:** “Be there” for others, while sharing Respect and the rest of the seeds. In fellowship with others you can practice the above 4 habits with and for others. Don’t focus on what you’re giving up to be with others, focus on how you can contribute to their welfare. In fellowship with others you can do the 4 habits shown above as you: 1) pray for or with others, 2) think of them, 3) communicate with them, and 4) do things for or with them.

### The Expected Harvest

As you love others via the 12 Seeds, look for a harvest of better relationships, a harvest that is multiplied as you love others with God’s love – and as they in turn love others in these ways. **Look for a harvest of 30, 60, and even 100 times what you plant!**

You reap what you sow.  
—The Law of Sowing & Reaping