

Instructions

How these exercises are to be used

These exercises, based on the book *12 Seeds for Successful Relationships*, are designed for interaction between a teacher/mentor and one or two, (or a maximum of three) students.

The questions are to be pondered and discussed with a major amount of listening on the part of the mentor/teacher, since solutions need to be wrestled with sincerely and gently. As a mentor/teacher, it is your opportunity to point the young people to the Scriptures as the basis of the solution. It may be the very first time the young people have had a chance to put faith to action. Be patient and allow the discussion to unfold at its own speed.

As you approach the exercise, use the verses suggested in the text to remind the student(s) that the Word speaks to the issue. Be sure you have read and incorporated the introduction section for the seed in your opening remarks to help the student begin to think about the core subject of the discussion.

You, as the mentor/teacher should have decided on a solution or outcome of your lesson before you begin to use it. Lead the student there, but without giving the solution, help them DISCOVER a resolution. Then they will remember it.

When using the specific exercise:

- Read the exercise word-for-word. Go slowly and allow the student to answer the questions. Don't skip them. If the student is struggling, try to rephrase the question until the student fully understands what you are asking.
- The first exercise for each seed should always be used first, the other two can be used in any order.
- When the discussion "takes off" you may go on some "rabbit trails", but that's okay, because the more the student identifies with the issues the more help he/she will receive from the exercise.
- As the discussion winds down, and to bring closure to the lesson, state the solutions you have arrived at clearly. Then close in prayer.