

## RESPECT

BRIEF DEFINITION: **3. Regard, esteem, honor**  
HELPS FILL NEED FOR: **6. Significance**

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

## ENCOURAGEMENT

BRIEF DEFINITION: **5. Inspiring with courage**  
HELPS FILL NEED FOR: **3. Courage to press on**

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

## LISTENING

BRIEF DEFINITION: **6. Seeking to hear; heeding**  
HELPS FILL NEED FOR: **5. Attention**

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

## APPRECIATION

BRIEF DEFINITION: **1. Grateful recognition of value**  
HELPS FILL NEED: **10. To be valued**

**... give thanks in all circumstances ...**  
– 1 Thess. 5:18

## TRUST

BRIEF DEFINITION: **2. Confidence in another**  
HELPS FILL NEED FOR: **11. Security**

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

## INTEGRITY

BRIEF DEFINITION: **10. Moral strength & wholeness**  
HELPS FILL NEED FOR: **1. Authenticity**

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

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

## ORDER

BRIEF DEFINITION: **11. Structure, priorities, guidelines**  
HELPS FILL NEED FOR: **7. Structure**

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

## NURTURE

BRIEF DEFINITION: **7. Care & feeding; loving support**  
HELPS FILL NEED: **12. To be loved**

**Love never fails.**  
– 1 Cor. 13:8

## SYNERGY

BRIEF DEFINITION: **9. Cooperation, teamwork**  
HELPS FILL NEED: **4. To work together**

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

## HOPE

BRIEF DEFINITION: **8. Positive expectations**  
HELPS FILL NEED FOR: **2. Motivation to go on**

**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: **12. Values & models of excellence**  
HELPS FILL NEED: **9. To focus on higher things**

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

## PARDON

BRIEF DEFINITION: **4. Forgiveness & release**  
HELPS FILL NEED FOR: **8. Forgiveness**

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

**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](http://www.12seeds.org)