

INSIGHTS & EXPERIENCES IN APPLYING THIS SEED:

12 horizontal lines for writing notes.

You may want to share some of your notes above with others.

- This guide is designed to help you . . .*
- ◆ Identify one seed that needs to grow in your life!
  - ◆ Grow that seed with the Lord's help!
  - ◆ Enjoy better relationships and be more of a blessing to others!



For Character, For Relationships, For Life

Study the seed you need to grow in the **12 Seeds Book**.



A concise manual for understanding each seed, with over **250** prayers, thoughts words and actions that help relationships grow!

**FREE TOOLS** available at our website: [www.12seeds.org](http://www.12seeds.org)

- The 12 Seeds are . . .*
- ◆ **Planted in Character**
  - ◆ **Cultivated in Relationships**
  - ◆ **Harvested in Life Together**



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# Grow One!

## PERSONAL SEEDGROWING GUIDE

SCRIPTURE VERSION 2.0

**Grow one seed!  
Reap a great harvest!**

**“It’s difficult to work on  
all the seeds at once . . .  
. . . but I can work on one!”**

## IDENTIFY ONE SEED

- Pray for wisdom** to identify one seed.
  - Identify one seed** that needs to grow.  
(See the chart on the next panel)
- Suggestions:*
- ◆ **Identify a "Bad Seed"** to overcome. If you see a "Bad Seed" that's in your life, select the related "Good Seed."
  - ◆ **Identify a need to fill.** Find a need you'd like to help fill, select the related seed.
  - ◆ **Ask someone (only for the brave):** Ask a person close to you to identify a seed you should study. *Thank that person, graciously.*
- Print name of selected seed in the box** at top of panel at far right.

## UNDERSTAND THE SEED

- Read the chapter in the 12 Seeds book** for the seed that you selected; highlight the important points.
- Fill in the "what I need to remember"** blanks at top of panel at far right.
- Jot down answers to questions below:**
  1. Why is this seed important in my relationship with the Lord?
  2. Why is it important in my other relationships?
  3. Why do I at times fail to practice this seed?
  4. How is growing this seed a way to love others, seeking their highest welfare?
  5. What will I do to grow this seed in my relationships? (write in *I will* blanks)

This panel shows "Bad Seeds" with corresponding "Good Seeds." Under each "Good Seed" is a working definition and also, in *italics*, the need that the seed helps fill.

### Bad Seeds

disrespect  
rudeness

discouragement  
negativity

inattentiveness  
insensitivity

ingratitude  
unappreciativeness

distrust  
suspicion

dishonesty  
infidelity

disorder  
confusion

self-centeredness  
uncaring spirit

uncooperativeness  
discord

hopelessness  
pessimism

baseness  
profanity

unforgiveness  
resentment

### Good Seeds

**RESPECT**  
REGARD, ESTEEM, HONOR  
*significance*

**ENCOURAGEMENT**  
INSPIRING WITH COURAGE  
*courage to press on*

**LISTENING**  
STRIVING TO HEAR; HEEDING  
*attention*

**APPRECIATION**  
GRATEFUL RECOGNITION OF VALUE  
*to be valued*

**TRUST**  
CONFIDENCE IN ANOTHER  
*security*

**INTEGRITY**  
MORAL STRENGTH & WHOLENESS  
*authenticity*

**ORDER**  
STRUCTURE, PRIORITIES, GUIDELINES  
*structure*

**NURTURE**  
CARE & FEEDING, LOVING SUPPORT  
*to be loved*

**SYNERGY**  
COOPERATION, TEAMWORK  
*to work together*

**HOPE**  
POSITIVE EXPECTATIONS  
*motivation to go on*

**IDEALS**  
VALUES AND MODELS OF EXCELLENCE  
*to focus on higher things*

**PARDON**  
FORGIVENESS AND RELEASE  
*forgiveness*

## 12 Seeds™

WHAT I NEED TO REMEMBER ABOUT THIS SEED

WORKING DEFINITION

THE NEED THIS SEED HELPS FILL

THEME VERSE (write all or part of the verse here):

***I will . . .***

(see 5 Habits in 12 Seeds book, page 95)

WITH GOD'S HELP, I WILL DO THE ABOVE

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(optional) I've asked a friend to hold me accountable to these commitments.

Name of friend: \_\_\_\_\_