



## **APPLICATIONS LIBRARY**

*Suggested ways to apply the 12 Seeds personally and with others*

*NOTE: These suggestions are best used with the book,  
12 Seeds for Successful Relationships, available at [www.12seeds.com](http://www.12seeds.com)*

### **PERSONALLY**

- Memorize the 12 Seeds acrostic – this will “prime” your thinking with the concepts and establish them in your mind.
- Memorize the brief working definitions for each seed.
- Memorize the verses attached to each seed.  
TIP: start with the seeds or verses most meaningful to you.
- Meditate on one seed each day during your quiet time.
- Recite the Relationship acrostic once a day.

### **WITH YOUR FAMILY**

- Recite what you have memorized.
- Challenge each family member to learn and memorize the 12 Seeds.
- Conduct a 12-week family training session on relationships – discuss one seed each week.
- Gently recite a definition or a verse at the appropriate time during the course of family life. For example: when someone has disrespected another person, that’s a good “teaching moment” opportunity to teach the meaning of the word “respect.” This will become more natural for you the more you prime your thinking with the seeds and memorize them. Also, the more you share the qualities with others, the more the qualities will become part of your own life.
- Seek to live out the 12 qualities – “practice what you preach.” This is Integrity (one of the seeds) in action. Remember: “People may doubt what you say, but they will always believe what you do.”
- Catch others living out the qualities – affirm them.
- Discuss ways to add the quality to the household.  
TIP: write the ideas on the back of the respective cards.
- Quiz family members on the seeds; offer rewards for knowing the qualities and their definitions.
- Challenge: catch each other exhibiting the qualities – affirm, maybe even note the date and time on the back of a card to share at next family get-together.

### **IN YOUR SMALL GROUP, STAFF OR TEAM MEETINGS**

- Conduct a 12-week discussion on relationships – discuss one seed each week.
- Dedicate 5 or 10 minutes of regularly scheduled meetings to focus on a Seed. Tip: for monthly meetings, focus on the “Seed of the Month.” For example: In January focus on Respect, in February focus on Encouragement, and so on.

## 5 HABITS ~ SEED 1 ~ RESPECT

### PRAYERS

*Some suggestions . . .*

- Dear Lord, please help me to have the highest respect for You. Help me to worship You in my thoughts, words and actions.
- Dear Lord, thank You for having regard for people.
- Dear Lord, please help me to treat people with dignity and respect.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these. . .*

- The Lord is great, and worthy of the highest respect! I will worship Him!
- The Lord created people, and He loves them!
- People are important, including me!
- Even when they may appear otherwise, people are important.
- The people around me are important!
- \_\_\_\_\_ is an important person!
- I will treat \_\_\_\_\_ with respect!  
(Put a person's name in the blanks above)

*Other suggestions . . .*

- Remember how the Lord respected people.
- Memorize the theme verse at the start of this chapter.
- Think about other people.
- Remember people's names.

### WORDS ~ Ephesians 4:29

*Suggested things to say or write to others . . .*

- "You are important!"
- "\_\_\_\_\_, I respect your opinion."
- "What do you think, \_\_\_\_\_?"
- "I've been thinking of you."
- "I'd like to hear your ideas on this."
- "I'd like to know what's important to you."

### ACTIONS

*Suggestions . . .*

- Look at the person who's speaking.
- Hold the door open for others.
- Dress appropriately and respectfully.
- Be on time – respecting a person's time is respecting them.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about respect?
2. Who should we respect? Why?
3. Do I respect others? How?
4. What can I do to show greater respect to others?
5. What will I commit to changing or doing?

## 5 HABITS ~ SEED 2 ~ ENCOURAGEMENT

### PRAYERS

*Some suggestions . . .*

- Dear Lord, thank You for being the God of encouragement. And thank You for sending Your Holy Spirit to live in me and comfort me.
- Dear Lord, thank you for the encouragement You send to me through other people.
- Dear Lord, please help me to be sensitive to the dangers, fears, challenges and unexpected changes other people face in life.
- Dear Lord, please help me to encourage others, just as You have encouraged me.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these. . .*

- The Lord encourages me!
- The Lord is greater than all my fears!
- The people around me need encouragement.
- \_\_\_\_\_ needs encouragement.
- I will be an encourager!
- \_\_\_\_\_ is doing a wonderful job!

*Other suggestions . . .*

- Meditate on virtually any of the Psalms.
- Memorize the theme verse at the start of this chapter.
- Remember the dangers, fears, challenges and unexpected changes that other people face in life.
- Meditate on how the Lord encouraged others.

### WORDS

*Suggested things to say or write to others . . .*

- “Keep up the great work!”
- “\_\_\_\_\_, I admire your persistence.”
- “I know you can do it!”
- “\_\_\_\_\_, you’ve put a lot of work into this, and it shows!”
- “Remember what the Lord says in (quote a Bible passage.)”

### ACTIONS

*Suggestions . . .*

- Be sensitive to needs for encouragement – listen to others as they describe what they are facing.
- Take note of the kinds of encouragement that mean the most to the people you’re close to.
- Tailor encouragement to the person and their situation.
- Help other people reach their goals.
- Encourage people to practice the 12 Seeds.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about encouragement?
2. What’s a good example of encouragement?
3. What could I do to give more encouragement to others?
4. What will I commit to doing?

## 5 HABITS ~ SEED 3 ~ LISTENING

### PRAYERS

*Some suggestions . . .*

- Dear Lord, help me to always listen to You.
- Dear Lord, thank You for listening to me.
- Dear Lord, help me to be a better listener to the people around me.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these . . .*

- People need to be heard!
- I need to be quiet once in awhile and listen.
- I can learn from others.
- I want to hear what \_\_\_\_\_ has to say.
- \_\_\_\_\_ is worth listening to.

*Other suggestions . . .*

- Read the Bible to hear God speaking to you.
- Think about the messages people send you.
- Remember that listening is a gift you can give.
- Focus on the meaning being conveyed.

### WORDS

*Suggested things to say or write to others . . .*

- “Thanks for telling me that!”
- “Tell me more!”
- “How are you, *really?*”
- “You express yourself well!”
- “Thanks for listening!”
- “I always learn when I listen to you!”
- “Let me repeat back to you what I heard you say.”

### ACTIONS

*Suggestions . . .*

- Look at the person who is speaking.
- Actively listen – note tone of voice, body language, speed of delivery, facial expressions, use of descriptive words.
- Take notes.
- Be patient. Listen well before responding.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about listening?
2. Who should we listen to? Why?
3. What’s a good example of listening?
4. What could I do in order to do a better job of giving the gift of listening to others?
5. What will I commit to doing?

## 5 HABITS ~ SEED 4 ~ APPRECIATION

### PRAYERS

*Some suggestions . . .*

- Dear Lord, thank You for who You are and what You do.
- Dear Lord, please help me to better express my appreciation and gratitude to You.
- Take notes.
- Dear Lord, help me to be more grateful to others for who they are and for what they do.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these . . .*

- I appreciate the people around me!
- I'm so thankful!
- I appreciate what others do for me.
- \_\_\_\_\_ is a blessing in my life.
- The Lord values me!

*Other suggestions . . .*

- Read the Psalms.
- Remember what the Lord has done for you.
- Remember what other people have done for you.
- Remember who you are in Christ.

### WORDS

*Suggested things to say or write to others . . .*

- "Thanks for helping me!"
- "I appreciate you so much!"
- "\_\_\_\_\_, thanks!"
- "Thanks for being here!"
- "I'd like to tell you what \_\_\_\_\_ did for me."

### ACTIONS

*Suggestions . . .*

- Send a thank-you note or e-mail.
- Recognize the character qualities of others.
- Recognize achievements of others.
- Watch for people doing praiseworthy things.
- Give awards.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about appreciation?
2. Think of a time you received appreciation. How was it expressed? How did it make you feel?
3. Do you let others know how much you appreciate them, and the things they do for you? How?
4. What could you do to show more appreciation?
5. What will you commit to doing?

## 5 HABITS ~ SEED 5 ~ TRUST

### PRAYERS

*Some suggestions . . .*

- Dear Lord, please help me to trust in You completely.
- Dear Lord, please help me to wisely trust other people.
- Dear Lord, please help me to be trustworthy.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these . . .*

- In God We Trust.
- I trust \_\_\_\_\_.
- Our trust level is increasing.
- Trust is precious and deserves careful handling.

*Other suggestions . . .*

- Trust completely in God.
- Trust wisely and carefully in others.

### WORDS

*Suggested things to say or write to others . . .*

- “\_\_\_\_\_, I trust you.”
- “You are a trustworthy friend.”
- “I will honor the trust you have in me.”

### ACTIONS

*Suggestions . . .*

- Venture out of your comfort zone.
- Delegate or share the workload.
- Avoid micromanaging others.
- Be patient.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about trust?
2. Whom should we trust? Why?
3. Does trust have various levels?
4. What’s a good example of trust?
5. What could I do to give more trust to others?
6. What will I commit to doing?

## 5 HABITS ~ SEED 6 ~ INTEGRITY

### PRAYERS

*Some suggestions . . .*

- Dear Lord, please help me to have integrity in Your eyes.
- Dear Lord, please help my thoughts, words and actions to all be in agreement.
- Dear Lord, please help me to have integrity in all my relationships with others.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these . . .*

- I will not deceive others.
- Integrity is a quality that I highly value.
- Honesty is the best policy.
- \_\_\_\_\_ is a person of integrity.

### WORDS

*Suggested things to say or write to others . . .*

- “What is the right way to do this?”
- “Please help me sort out my motives.”
- “I admire your integrity.”
- “Thanks for being honest with me.”
- “What would Jesus want us to do now?”

*Other suggestions . . .*

- Tell the truth.
- Don’t spread gossip or rumors.
- Say clearly what you mean.

### ACTIONS

*Suggestions . . .*

- Do what you said you would do.
- Study people who have integrity, learn from them.
- Focus on the truth, acknowledge the facts.
- Do the right thing, maintain high standards.
- Practice integrity in small as well as large things.
- Get into an accountability relationship.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about integrity?
2. What’s a good example of integrity?
3. What are signs that greater integrity is needed?
4. What could I do to practice greater integrity?
5. What will I commit to doing?

## 5 HABITS ~ SEED 7 ~ ORDER

### PRAYERS

*Some suggestions . . .*

- Dear Lord, please help me to better understand and live by the order You have created.
- Dear Lord, please help me better understand what's important to You.
- Dear Lord, please help me to live an orderly life that will be a blessing to people around me.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these . . .*

- Discipline brings many benefits!
- Routines conserve mental energy!

*Other suggestions . . .*

- Frequently ask yourself: "What is most important?"
- Learn the rules.
- Think of rules as guidelines for orderly living.
- Identify and focus on top priorities.

### WORDS

*Suggested things to say or write to others . . .*

- "Thanks for helping me organize this!"
- "What's important here?"
- "How do you get things done so efficiently?"
- "Please help me clarify my priorities."

### ACTIONS

*Suggestions . . .*

- Keep priorities in writing, reread them often.
- Watch people who are organized – learn from them.
- Develop routines for necessary tasks.
- Simplify, clarify, eliminate clutter.
- Get into an accountability relationship – hold one another accountable to good habits and disciplines.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about order?
2. What are some signs that greater order may be needed in our lives?
3. How does the level of order in my life affect my relationships?
4. What's a good example of order?
5. What could I do to practice greater order in my life and in my relationships?
6. What will I commit to doing?

## **5 HABITS ~ SEED 8 ~ NURTURE**

### **PRAYERS**

*Some suggestions . . .*

- Dear Lord, thank You for the many ways You nurture me.
- Dear Lord, please help me to be more sensitive to the needs of others.
- Dear Lord, please help me to care for others and lovingly support them.

### **THOUGHTS & ATTITUDES**

*Affirm thoughts like these . . .*

- We all need help.
- How can I help the people around me?
- What do I have that someone else needs?

*Other suggestions . . .*

- Remember that you could be a blessing in the life of some other person.
- Remember the people whom the Lord has used to bless your life.
- Think more often of the needs of others.

### **WORDS**

*Suggested things to say or write to others . . .*

- “How can I help?”
- “I’m inspired by all you do for others!”
- “You’re moving on Saturday? I’ll be there!”

### **ACTIONS**

*Suggestions . . .*

- Give or lend things to people who need them.
- Give of your time for the benefit of others.
- Join or start a group that commits to help certain people on an ongoing basis.
- Get involved in neighborhood projects.

### **DISCUSSION**

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about nurture?
2. Why does the Lord care for us?
3. What’s a good example of nurture?
4. What could I do to nurture others more?
5. What will I commit to doing?

## **5 HABITS ~ SEED 9 ~ SYNERGY**

### **PRAYERS**

*Some suggestions . . .*

- Dear Lord, thank You for creating synergy.
- Dear Lord, thank You for the privilege of working together with You and with others to advance Your Kingdom.
- Dear Lord, please help me to work cooperatively with others.

### **THOUGHTS & ATTITUDES**

*Affirm thoughts like these . . .*

- We get a lot done when we work together!
- Things go better when we cooperate!
- We're a great team!
- Each person on our team has great potential!

### **WORDS**

*Suggested things to say or write to others . . .*

- "I'm glad we're working together!"
- "We work well as a team!"
- "We can get this done if we work together!"
- "I'm glad you're on this team!"
- "I'll take care of that part of the job."

### **ACTIONS**

*Suggestions . . .*

- Respect the strengths and weaknesses of others.
- Keep personal agendas from interfering with team goals.
- Be willing to help fill in the gaps of things others may not wish to do, or are unable to do.
- Give cooperation as a gift to others.
- Celebrate working together!

### **DISCUSSION**

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about synergy?
2. With whom should we cooperate? Why?
3. What's a good example of synergy?
4. How does synergy build the Body of Christ?
5. What could I do to cooperate more with others?
6. What will I commit to doing?

## 5 HABITS ~ SEED 10 ~ HOPE

### PRAYERS

*Some suggestions . . .*

- Dear Lord, thank You for the hope I have in You.
- Dear Lord, please help me to radiate Your hope to others.
- Dear Lord, please help me to brighten every room I walk into.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these . . .*

- With the Lord's help, I know we can make it.
- We'll get through.
- It's going to be wonderful!

*Other suggestions . . .*

- Focus on the Lord, rather than on the problem.
- Meditate on the Lord's promises.
- Remember that the Lord has brought you through many challenges in the past.

### WORDS

*Suggested things to say or write to others . . .*

- "We're making progress!"
- "It will be worth it!"
- "Better things are coming!"

*Other suggestions . . .*

- Avoid spreading gossip or rumors.
- Avoid negative remarks.

### ACTIONS

*Suggestions . . .*

- Share hope with others: give hope as a gift.
- Get the rest you need.
- Smile.
- Sing.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about hope?
2. Where is the source of our hope?
3. What's a good example of hope?
4. How well do I radiate hope? Explain.
5. Do I know someone who lacks hope? If so, what can I do to help that person gain hope?
6. What could I do to help give more hope to others?
7. What will I commit to doing?

## 5 HABITS ~ SEED 11 ~ IDEALS

### PRAYERS

*Some suggestions . . .*

- Dear Lord, thank You for revealing some of Your excellence and majesty to me.
- Dear Lord, help me to focus on You and on the high values You wish me to live by.
- Dear Lord, help me to add your high values and patterns of excellence to my relationships.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these . . .*

- The heavens declare the glory of God!
- There is so much beauty in the world!
- People are amazingly complex and wonderful!
- I will strive for excellence!

*Other suggestions . . .*

- Meditate on Scripture, such as the Psalms.
- Memorize Scripture.
- Replace profane and negative thoughts with profound and positive thoughts.
- Dwell on the Lord and His ways.

### WORDS

*Suggested things to say or write to others . . .*

- “Look at what this passage of Scripture says: (share a Psalm or other Bible passage).”
- “I admire your high values.”
- “You have a refined sense of beauty.”
- “I’m inspired by your high standards.”
- “What’s the best way to do this?”
- “What would Jesus do in this situation?”

### ACTIONS

*Suggestions . . .*

- Worship the Lord throughout the day.
- Avoid profanity.
- Be careful about your choices of media.
- Look into the starry heavens at night.
- Look upon great art, listen to inspiring music.
- Share uplifting ideas, dreams, goals.
- Develop and follow a vision or mission statement

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about ideals?
2. What’s a good example of an ideal being upheld?
3. What could I do to inspire higher ideals in others?
4. What will I commit to doing?

## 5 HABITS ~ SEED 12 ~ PARDON

### PRAYERS

*Some suggestions . . .*

- Dear Lord, thank You for the pardon You have mercifully and graciously given me.
- Dear Lord, please help me to tell others the Good News that You offer them pardon.
- Dear Lord, please help me to graciously pardon those who commit offenses against me.

### THOUGHTS & ATTITUDES

*Affirm thoughts like these . . .*

- The Lord has forgiven me of so much!
- I appreciate that others have pardoned me.
- With the Lord's help, I can forgive \_\_\_\_\_.
- Pardon renews relationships.
- Pardon releases us to move on together.

### WORDS

*Suggested things to say or write to others . . .*

- "Pardon me."
- "I'm sorry for what I did."
- "Please forgive me."
- "I forgive you. Let's go forward together!"

### ACTIONS

*Suggestions . . .*

- Pray the words from the Lord's Prayer: "Forgive us our debts, as we forgive our debtors."
- Thank the Lord for the pardon He has provided.
- Let go of grudges.
- Write a letter asking for forgiveness.
- Write a letter granting forgiveness.

### DISCUSSION

*For personal reflection or group consideration . . .*

1. What do the Scripture references in the Thoughts & Attitudes section say about pardon?
2. What's a good example of pardon?
3. How does pardon build the Body of Christ?
4. How could I be more forgiving toward others?
5. What will I commit to doing?