

12 Seeds Growing in Love is a series published by 12 Seeds International, Inc. 1515 E. 66th St., Mpls., MN 55423

**Purpose:** to help followers of Christ obey His command, recorded in John 13:34: "Love one another."

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**Please pray:** for the families, friends, teammates, students, military personnel, inmates, released offenders, recovering addicts, and others who are striving to increasingly practice the 12 Seeds in their daily living with the Lord and with others.

## Rats in a Vat

A group of behavioral scientists were conducting a study on wharf rats. A control group of four rats was placed in a large vat of water to determine how long they could swim before drowning.



The average time the rats could survive was 6 hours.

A second group of four rats was placed in a similar vat of water. However, just before drowning, the rats in this group were removed from the vat, fed and allowed to rest for a day. Then they were returned to the vat and allowed to swim until they drowned.

Amazingly, the rats in this second group survived an average of 16 hours!

Why were members of this second group able to swim almost three times longer than the first group? Could the difference have been hope?

— a friend of the 12 Seeds shared this article with us

How much do you know about . . .

### HOPE

Select the best answer:

- A brief working definition of hope is: "\_\_\_\_\_ expectations."
  - positive
  - negative
  - silly
  - far out
- Isaiah 40:31 says that "those who hope in the Lord will renew their \_\_\_\_\_."
  - subscription
  - club membership
  - status
  - strength
- In a world where so many people are without hope, we are to be people who are shining forth with our \_\_\_\_\_."
  - laughter
  - quick wit
  - flashlights
  - confidence in our God

Answers on other side.

## HOPE

POSITIVE EXPECTATIONS

**May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.**

— Romans 15:13

Hope is a wish or desire accompanied by the confident expectation of its fulfillment. Hope focuses on a better future even when the present is not as we'd like it to be. Hope helps fill our need for *motivation to go on.*

### Hope!

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### A PRAYER

**Dear Lord, thank You for the hope we have in You. Help us to radiate hope to others, because You are our source of all hope. Help us to brighten every room we walk into, in order to bring glory to You and blessings to others. In Your Name, Amen.**

The 12 Seeds are Biblically based relationship principles that are lived out through five habits in order to love others. All scripture quotations, unless otherwise indicated, are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright ©1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved.

FOR REFLECTION AND DISCUSSION

Consider these verses . . .

Isaiah 40:31

Isaiah 49:23

Romans 12:12

Romans 15:4,13

Consider these questions . . .

How is radiating hope a way to love others?

Why do some people seem to live in hopelessness?

What are some of the benefits of hoping in the Lord as mentioned in the above verses?

What could you do to better share hope with others in your life?

What *will* you do?

Answers to quiz on side 1:

- a.
- d.
- d.

Next issue . . . IDEALS

- Values and models of excellence
- Who is a perfect friend?