

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.

The Perfect Friend

He had regard – *Respect* – for His creation when He came to live among us and redeem us. He gives us *Encouragement*, and He *Listens* to us! He values – *Appreciates* – people. He *Trusts* His Father, and He entrusts us to do His work on earth.



He is the perfect example of *Integrity*. He gives *Order* to life, and He *Nurtures* us. There's a beautiful *Synergy* as we work together with His Spirit and with others who follow Him.

He is our *Hope*, and He enables us to share hope with others. He displays, and is, the very highest of *Ideals*. He graciously offers us *Pardon!*

His Name is Jesus. He is the Head of the Body. He is the Resurrection and the Life! Praise Him forever! What a joy to be in an everlasting *relationship* with Him! What a privilege to know Him and share His love with others!

– from the 12 Seeds manual, page 116

How much do you know about . . .

IDEALS

Select the best answer:

- Ideals are _____ of excellence.
 - examples; b. models; c. standards; d. patterns; e. all of these
- Jesus calls us to high ideals, to things that are _____.
 - worthless; b. cheap; c. profound d. expensive
- Philippians 4:8 encourages us to _____ about excellent things.
 - forget; b. think; c. laugh; d. worry

Answers on other side.

IDEALS

VALUES & MODELS OF EXCELLENCE

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

Ideals are the high standards and examples that are worthy of imitation and replication in a life of excellence. They are patterns by which we can orient our lives. Ideals help fill our need to focus on higher things.

Focus on Ideals!

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A PRAYER

Dear Lord, thank You for revealing some of Your excellence and majesty to us. Help us to focus on You and on the high values You wish us to have. Help us to live by Your high values in all of our relationships.
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 . . .

- Psalm 8
- Psalm 19
- Philippians 3:17
- Philippians 4:8-9
- Colossians 3:12-17

Consider these questions . . .

- Are the principles of the 12 Seeds ideals for life? If so, how?
- How do ideals add to a relationship?
- What are some of the benefits of focusing on high ideals in daily life?
- What could you do to better uphold ideals with others in your life?

What will you do?

Answers to quiz on side 1:

1. e. 2. c 3. b

Next issue . . . PARDON

- Forgiveness and Release
- What need does pardon help fill?