

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.

Lessons from the Geese



Most people know that geese generally fly in a V formation, which gives them up to 70% greater flying range.

What is less well-known is that their honking, which is part of their social bonding, is actually a form of encouragement to keep flying and keep the speed up. Their speed while in formation can reach 60 mph.

Even beyond the honking is this interesting fact: when a goose drops out of the formation due to illness or exhaustion, one or two others will go with it and stay with it until it is again able to fly or until it dies.

– from the Audubon Society and other sources

How much do you know about . . .

ENCOURAGEMENT

Select the best answer:

1. Encouragement means to inspire another person with _____.
a. trivia; b. courage; c. questions; d. information
2. People need courage in order to face:
a. fear; b. danger; c. challenges; d. unexpected changes; e. all of these
3. The phrase "do not be afraid" is an encouraging statement that is used in the Bible (NIV) over ____ times:
a. 5; b. 10; c. 30; d. 60
4. George M. Adams said, "Encouragement is _____ to the soul." a. food
b. water; c. oxygen; d. sugar

Answers on other side.

ENCOURAGEMENT

INSPIRING WITH COURAGE

. . . let us encourage one another . . .
– Hebrews 10:25

Encouragement is inspiring another with courage or confidence. To encourage is to reassure others, spur them on, support their efforts to succeed. Encouragement helps meet our need for *courage to press on*.

Encourage others!

www.12seeds.com

A PRAYER

Dear Lord, thank You for being the God of encouragement. Thank You for sending Your Holy Spirit to live in me and comfort me. Help me to be sensitive to the fears, dangers, challenges and unexpected changes that people face in life. Please help me to encourage 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 . . .

Joshua 1:6-9

II Samuel 19:7

Psalms 10:17

Isaiah 41:10

II Corinthians 1:3-4

II Timothy 1:7

Hebrews 3:13

Consider these questions . . .

Who should we encourage? Why?

Have you encouraged someone lately? How?

Has someone encouraged you? How?

Why is encouragement a way to love?

What could you do to better encourage someone you love?

What *will* you do?

Answers to quiz on side 1:

1. b 2. e 3. d 4. c

We should never be discouraged, Take it to the Lord in prayer.

– Joseph Medicott Scriven