

# How to Use this Book for Personal Growth

## A suggested curriculum for personal development

- Level 1: Read this book – highlight the parts most meaningful to you, and think of specific people in your life. Pray for wisdom to identify the seed(s) you're strong in, and also which seeds you need to grow.
- Level 2: Memorize the Relationship Acrostic (see page 87). Have a friend test you on it.
- Level 3: Review the 12 Seeds periodically to refresh them in your mind, and to be better equipped to help others understand and practice them.
- Level 4: Memorize the “working definitions” for each seed – these definitions are given at the start of each chapter, under the name of the seed. They're also summarized on the “Bad Seeds/Good Seeds” chart on page 93.
- Level 5: Review the Practical Applications for the seed(s) you need to grow. Circle or highlight the suggested items you'll commit to work on.
- Level 6: Memorize the theme Bible verse for each seed – the theme verse is at the start of each seed chapter.
- Level 7: Meditate upon the verses listed in “Practical Applications” – a good thing to do during personal devotions or quiet time. If possible, look the verse up in more than one Bible translation.
- Level 8: Practice the seeds – in a general sense with everyone; in specific applications with specific people.
- Level 9: Ask a friend to hold you accountable to practice the seeds, or to practicing specific applications.
- Level 10: Watch for people practicing any of the 12 Seeds – encourage them – seek to promote a cultural environment in which the seeds and relationships grow.

**For more ideas on how to use this book personally  
or in a group, please visit: [www.12seeds.com](http://www.12seeds.com)**

# How to Use this Book in a Class or Group

## Suggested agenda ideas

NOTE: Allow at least 30-60 minutes to discuss each seed when going through the book for the first time. We recommend that each person read a chapter before discussing it.

1. Open in prayer. There are suggestions for prayers in the Practical Applications section of each seed chapter.
2. Review the 12 Seeds RELATIONSHIP acrostic together. Also, review the seed studied in the previous session. Ask for any added insights or experiences since last session, or any observances of the seed being practiced.
3. Have one person read the first section of the chapter aloud. Discuss briefly.
4. Continue through the chapter, rotating the reading of the text among different people. Discuss briefly.
5. In the Practical Applications section, ask volunteers to lead in one or more of the suggested prayers. Then, ask different people to look up the suggested Scriptures. Have each person read their verse aloud, in succession. Then, ask each reader to reread their respective verse. Discuss briefly. Discuss the suggested thoughts, words and actions. Share personal experiences, insights and additional applications.
6. Discuss the suggested questions.
7. Close in prayer.

**Expect a high level of participation in a 12 Seeds discussion!**

**Advanced ideas:** Encourage each participant to use the personal growth suggestions on the page at left. Recite the 12 Seeds acrostic together from memory in your sessions. Quiz one another on the various seeds, and their meanings. Adopt the seeds as standards for your group, with a goal of creating a cultural environment that promotes the growth of all the seeds. Establish accountability relationships; invite participants to report on progress made.

**Multiply the impact:** Revisit the 12 Seeds periodically, sharing new insights and experiences. Add a regular agenda item to your regular weekly or monthly meeting: briefly review one seed each meeting. This refreshes memories and also helps orient new members to your values. Visit: [www.12seeds.com](http://www.12seeds.com) for more ideas.