

Suggestions for using this folder

1. Pray for wisdom to identify one seed.
2. Identify one seed – see suggestions below.
3. Print seed in box at top of next panel.
4. Study the chapter in the 12 Seeds book about the seed and fill in rest of this folder.
5. As you focus on the seed, jot down insights and experiences on the inside of this folder.
6. Share insights & experiences with others.
7. Continue to pray.

**RESPECT
ENCOURAGEMENT
LISTENING
APPRECIATION
TRUST
INTEGRITY
ORDER
NURTURE
SYNERGY
HOPE
IDEALS
PARDON**

Suggested ways to identify one seed:

1. Identify a bad seed (see p. 93 in the book)*
 2. Identify a need to be filled (see p. 113)*
 3. (only for the brave) Ask someone close to you to identify a seed you should work on
 4. Pray through the "Steps Toward Healing a Relationship" on p. 118 in the book.
- * if a bad seed or a need "jumps out" at you, select the corresponding good seed to work on.



This **Grow One** folder is designed to be used with the book, *12 Seeds for Successful Relationships* available at: www.12seeds.com

12 Seeds International

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For more about how to use this folder, email us at: info@12seeds.com or go to our website: www.12seeds.com

Insights, experiences and other notes can be jotted on the blank inside of this folder ←

Get help to grow the seed . . .

1. Ask others to pray for you and for the growth of the seed in your life.
2. Read Part II in the 12 Seeds book (pages 95-113). You'll learn about the "Five Habits for Success," "How to Overcome the Weeds," and more.
3. Memorize the Powerful Growth Formula (see panel at left)
4. Use some of the free supplemental tools at www.12seeds.com.
5. Fellowship with others in an accountability relationship or support group. Meet regularly to encourage one another, share insights, share experiences, maintain accountability.

"Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another . . ." – Hebrews 10:25

Our Lord's Command: "Love one another . . . all men will know that you are My disciples, if you love one another." – John 13:35

The 12 Seeds are 12 ways to love others!

SEED

GROW ONE!

What I need to remember about this seed:

WORKING DEFINITION

THE NEED THIS SEED HELPS FILL

THEME VERSE

write all or part of verse here:

A SUGGESTED PRAYER

Father God, please help me to better understand the seed of

Please help me to better apply this seed in my life as I relate to You and to others. In the Name of Jesus, Amen.

I WILL!

With God's help, I will take steps to grow the seed of _____ in my life and relationships.

I will (check when done) . . .

Study the chapter about this seed in the 12 Seeds book.

Pray for better understanding and application of this seed.

Seek to apply this seed in thoughts & attitudes, words, actions and fellowship.

also I will . . .

With God's help, **I WILL** do the above.

SIGNATURE

DATE

(optional) I've asked a friend to hold me accountable to these commitments.

Name of friend: _____

The Powerful Growth Formula . . .

based upon Col. 3:12-14

L + CKHGP = growing relationships

L = Love
C = Compassion
K = Kindness
H = Humility
G = Gentleness
P = Patience

For more about this formula, refer to pages 119-121 in the 12 Seeds book.

(optional): There is one relationship in my life that I especially want to grow. I look for these developments in that relationship as I better practice this seed:

Also, as this relationship grows, I believe these benefits could occur for others:

- 5 ways to grow this seed . . .**
1. Prayer
 2. Thoughts & Attitudes
 3. Words
 4. Actions
 5. Fellowship
- For more about these, refer to pages 95-101 in the 12 Seeds book.*

- lot down answers to these questions:*
1. How does God relate to me according to this seed principle?
 2. Why is this seed important?
 3. How will others benefit if this seed grows in my life?
 4. How will I benefit?
 5. Why do I fail to practice this seed?
 6. How is relating to others according to this seed a way to love others?
 7. What will I do to help this seed grow in my relationships?
(write in the I will blanks on other side)