



For use with the book,  
*12 Seeds for Successful Relationships*

BIBLICALLY BASED PRINCIPLES FOR LIFE

Revised & Expanded Edition

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[www.12seeds.com](http://www.12seeds.com)

## Leader-Mentor Guide

Condensed Version

**For use in 12 Seeds Classes,  
Discussions and Mentoring**

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Permission is granted to make copies  
of this guide for use in 12 Seeds training

### Preparing to Lead

- **Pray –**

Praise the Lord for the opportunity He has given you to lead.

Thank Him for His love and redeeming relationship.

Ask Him to make you a responsive and humble vehicle through whom He may work in your group.

Pray for the members of the group (by name if possible) asking the Lord to give them open and receptive hearts to what you will share.

Nurture your relationship with Christ as you lead. We have to replenish what we share...keep filled up.

- **Skim this guide to see all the aspects of preparation**

- **Read and grasp the foundational concepts in Part II of the book.** Decide if there are parts of this section you will want to share with your group to give them a grounding.

- **Study the chapter you will present.** Formulate questions as you read that will draw the material out of the group. Encourage discussion, so don't use questions that can be answered yes or no.

- **Plan the conclusion of your session carefully,** landing on the most important ideas you wish to leave with your group.

- **Consider our supplemental tools available for free download** at our website at [www.12seeds.com](http://www.12seeds.com) You may want to use some of them with your group.

- **See the suggestions on page 2 of this guide.** Note the agenda suggestions and the "track" ideas.

- **Get feedback from your group** often to see how they're absorbing the ideas you're sharing.

NOTE: We also have workshops to help you increase your skills as a teacher, discussion leader or mentor. Go to [www.12seeds.com](http://www.12seeds.com) or send an email to [info@12seeds.com](mailto:info@12seeds.com) for details and schedule.

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**As a 12 Seeds Leader or Mentor . . .**

. . . you're helping people grow in ways that can profoundly affect them,  
and those around them, for the rest of their lives!

**We commend you!**

More suggestions on other side →

## A suggested agenda for your first session *You may want to do some or all of the following:*

- 1. Open with prayer.** *A suggested prayer:* “Dear Lord Jesus, thank You for our relationships with You, and for relationships with others. Please help us to better understand and apply Your principles for relationships, so that we may please You and be a blessing to others. In Your Name, Amen.”
- 2. Ask a few questions to prime the discussion.** *Suggested questions:* “Why are relationships so important in our lives?” “Do blessings come through good relationships? If so, name some of them.” “What are some of the qualities that contribute to good relationships?”
- 3. Make a statement of purpose and objectives.** *A suggested statement:* “Our purpose is to study twelve Biblically based principles for growing relationships with God and with others. Most people agree that relationships are important, yet few people ever actually study the Biblically based principles for relationships. We’ll be studying them together and discovering how to better apply them in daily life.”
- 4. (optional) Recite the 12 Seeds acrostic from memory.**
- 5. (optional) Use the “Introductory Worksheet” and/or the “Introductory Matchup Exercise”** to help people get an overview of the 12 Seeds. These tools are available on the “Free Tools” section of the 12 Seeds website at [www.12seeds.com](http://www.12seeds.com)
- 6. Distribute 12 Seeds books to people who don’t already have them.**
- 7. Read the Introduction to the book together and discuss highlights.** Or, to save time, briefly point out the things you’ve highlighted there during your prep time.
- 8. Go to the first chapter to be discussed.** There’s a suggested agenda below for a typical session. How you proceed will depend upon which of the various “Training Tracks” (see box at right) you plan to follow.
- 9. Close in prayer.**

## A suggested agenda for ongoing sessions

*Suggestion: ask volunteers to do some of these.*

- 1. Open in prayer.** There are suggested prayers in the Practical Applications section of each seed chapter.
- 2. Review** the 12 Seeds RELATIONSHIP acrostic – perhaps recite it together. Also, review the material studied in the previous session. Ask for any insights or experiences in practicing a seed or in seeing it practiced.
- 3. Announce the new seed (or chapter) to be studied** in this session.
- 4. Ask for a volunteer to read a portion of the text.**
- 5. Discuss.** Ask good questions to stimulate discussion.  
*Some suggested questions:*  
“Any comments on that?” “What does this mean to you?” “Have you found this to be true in your life?”  
“Have you ever had an experience like that? Tell us about it.”

For additional ideas, refer to the material about “Discussion” on pages 100 and 101 of the 12 Seeds book.

- 6. Continue through the chapter,** rotating reading of the text, then discussing.
- 7. In the Practical Applications section of each “seed chapter,”** ask for volunteers to lead in one or more of the suggested prayers. Next, ask different people to look up and read the suggested Scripture passages. Discuss the practical applications, including the discussion questions.
- 8. Assign the next chapter** to be discussed in next session.
- 9. Close in prayer.**

**“Training Tracks”** *Some of the ways the 12 Seeds can be learned and applied:*

**Track 1: Sequential** – go through the 12 Seeds book front to back like you would with any study book.

**Track 2: Foundational** – go through Part II in the book first, then go through Part I.

**Track 3: Grow One** – identify one seed and focus on that. This can be done as a group, with everyone focusing on the same seed, or individually with each person selecting their own seed to work on. Share insights and experiences during your sessions. There’s a Grow One guide that you can download from the “Free Tools” section of the 12 Seeds website.

**Track 4: Refresher** – this is “ongoing maintenance,” recommended after you’ve done any of the tracks above. You may want to devote one meeting per month to review the “seed of the month” (“Respect” in January, “Encouragement” in February, and so on). Or, devote part of a regular meeting to review one of the seeds.

**Supplemental tools** – There are more ideas and tools at our website. You’ll also find an expanded version of this Leader-Mentor Guide there.