

Day

28 Review Scripture Verses .....   
Read over all the verses on page 122 in the 12 Seeds book. Circle the verse for any seed(s) you had trouble with in quiz on Day 27. Write the verse, or an excerpt of it, that you'd like to focus on:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

29 Very Important People (VIPs) in your life .....   
List on lines below the names of some of the VIPs in your life. You may wish to write the first names of family members, friends, co-workers, others.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

30 Commitments .....   
What will you do to grow better relationships with the above VIPs? **I will . . .**  
 Pray regularly for the 12 Seeds to grow in my life  
 Pray regularly for VIPs above & their relationships  
 Pray that I will relate better with the above VIPs, esp. in practicing the seed(s) of: \_\_\_\_\_

- Memorize the verse I listed above
- Pray for a specific relationship
- Take another person or group through this course
- Lead a group (ex: family, support group, Bible study group) in discussing the 12 Seeds
- Get an accountability partner or group  
*Name of partner or group:* \_\_\_\_\_
- Pray regularly for accountability partner or group
- Write commitments on calendar, to-do list, and/or on tear-off section below
- \_\_\_\_\_
- \_\_\_\_\_

Visit [www.12seeds.com](http://www.12seeds.com) for more ideas and tools

Date completed:

With God's help, I will fulfill the above commitments.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

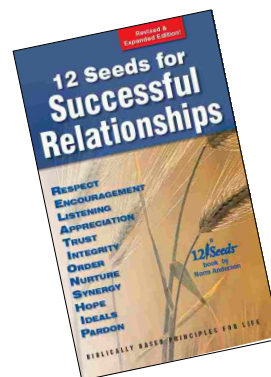


# 30 Day Basic PRO RELATIONSHIPS COURSE GUIDE

Version 1.1

**P**reparation...  
**R**estoration...  
**O**n-going Growth...  
*... for life together!*

*A Course for Relationships  
A Course for Life*



This course guide is designed to be used with the book: *12 Seeds for Successful Relationships.*

**"I've been waiting for something like this!"**  
– comment from a 12 Seeds mentor



You may want to jot down names of people or relationships to pray for.

- Very Important People**
- Family Members
  - Friends
  - Neighbors
  - Co-workers
  - Church/group Members



Use space below for insights, reminders, experiences or other things to share with an accountability partner or group.

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

# The 30 Day Basic PRO RELATIONSHIPS COURSE

*Recommended:* Start this course on the first day of any month, then check off as you read the study for each day.

Highlight those parts in each chapter of the *12 Seeds* book that are most meaningful to you. In the *Practical Applications* section of each chapter, look up the Scripture verses and make brief notes beside each reference as to what that passage says about the seed.

Date started:

Day		Page #	☑
1	What Everyone Should Know about Seeds ...	90	<input type="checkbox"/>
2	Five Habits for Success .....	95	<input type="checkbox"/>
3	<b>Respect</b> .....	11	<input type="checkbox"/>
4	<i>Practical Applications</i> .....	17	<input type="checkbox"/>
5	<b>Encouragement</b> .....	19	<input type="checkbox"/>
6	<i>Practical Applications</i> .....	24	<input type="checkbox"/>
7	<b>Listening</b> .....	27	<input type="checkbox"/>
8	<i>Practical Applications</i> .....	31	<input type="checkbox"/>
9	<b>Appreciation</b> .....	33	<input type="checkbox"/>
10	<i>Practical Applications</i> .....	37	<input type="checkbox"/>
11	<b>Trust</b> .....	39	<input type="checkbox"/>
12	<i>Practical Applications</i> .....	43	<input type="checkbox"/>
13	<b>Integrity</b> .....	45	<input type="checkbox"/>
14	<i>Practical Applications</i> .....	49	<input type="checkbox"/>
15	<b>Order</b> .....	51	<input type="checkbox"/>
16	<i>Practical Applications</i> .....	55	<input type="checkbox"/>
17	<b>Nurture</b> .....	57	<input type="checkbox"/>
18	<i>Practical Applications</i> .....	61	<input type="checkbox"/>
19	<b>Synergy</b> .....	63	<input type="checkbox"/>
20	<i>Practical Applications</i> .....	67	<input type="checkbox"/>
21	<b>Hope</b> .....	69	<input type="checkbox"/>
22	<i>Practical Applications</i> .....	73	<input type="checkbox"/>
23	<b>Ideals</b> .....	75	<input type="checkbox"/>
24	<i>Practical Applications</i> .....	79	<input type="checkbox"/>
25	<b>Pardon</b> .....	81	<input type="checkbox"/>
26	<i>Practical Applications</i> .....	85	<input type="checkbox"/>

Day ☑

27 Test Your Knowledge..... ☐

*Fold back left page so that only this page is visible.  
Then write in lines below, to the left of the dotted line,  
the name of each seed (the first one is done for you):*

Seed		Brief definition
R		ESPECT
E		
L		
A		
T		
I		
O		
N		
S		
H		
I		
P		

*Next, write the brief definition for each seed to the right of the dotted line above. Choose from the list below:*

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1. Grateful recognition of value | 7. Care & feeding, loving support     |
| 2. Confidence in another         | 8. Positive expectations              |
| 3. Regard, esteem, honor         | 9. Cooperation, teamwork              |
| 4. Forgiveness & release         | 10. Moral strength & wholeness        |
| 5. Inspiring with courage        | 11. Structure, priorities, guidelines |
| 6. Striving to hear; heeding     | 12. Values & models of excellence     |

*Check your answers by looking at page 93 in the 12 Seeds book. Correct your answers as needed.*

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

- RESPECT
- ENCOURAGEMENT
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**12Seeds™**

## 5 WAYS TO PLANT THE 12 SEEDS

1. **Pray** for people and relationships. Pray for specific seeds that need to grow in your life.
2. **Meditate** on Scripture. Become more other-centered. Develop a loving, "12 Seeds attitude" toward others.
3. **Bless** others with your words. Speak to others with words of Respect, Encouragement, Appreciation, Hope.
4. **Serve** others by your actions. Treat them with Integrity, Nurture and the rest of the seeds.
5. **Meet** with others regularly to pray, meditate, bless and serve, practicing all of the seeds with one another in love.