



# SUGGESTED STUDY & APPLICATION STEPS

Start with any seed, check off your progress on checklist at right

❶ **PRAY** a prayer that's something like this:

**“Dear Lord, thank You for relationships. Please help me to better understand the principle of (seed). Please help me to better practice this principle in my life. Amen”**

❷ **READ** the chapter about the seed in the 12 Seeds book. Highlight sections of the text that are especially meaningful to you.

❸ **DISCUSS** the chapter with another person or with a group. Share some of the ideas you've highlighted, as well as your own insights and experiences. There are discussion questions at the end of each chapter in the book.

❹ **COMMIT** to a prayer, a thought, words, or an action that you will add to your life. Select from the *Practical Applications* in the book, or add your own. Start with just one commitment. Write it in the *Commitments/applications* blank on the checklist. Tell your accountability partner, mentor or group.

❺ **PRAY** – Ask the Lord to help you fulfill your commitment. Pray for one another, and for your respective commitments.

❻ **PRACTICE** – Fulfill your commitment.

❼ **REVIEW** the chapter, especially your highlights. In the margins of the chapter add any new insights you gained in fulfilling your commitment. You may wish to share those insights with your discussion partner(s) before you go on to the next seed.

**“Love one another.”**

– John 13:35

The 12 Seeds are ways to love other people in daily life.



NAME \_\_\_\_\_

## STUDY & APPLICATION CHECKLIST



For use with the book, *12 Seeds for Successful Relationships*  
www.12seeds.com

DATE STARTED

SEED	PAGE # IN BOOK	PRAY	READ	DISCUSS	COMMIT	PRAY	PRACTICE	REVIEW
		❶	❷	❸	❹	❺	❻	❼
1: <b>RESPECT</b> .....	11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2: <b>ENCOURAGEMENT</b> ....	19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3: <b>LISTENING</b> .....	27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4: <b>APPRECIATION</b> .....	33	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5: <b>TRUST</b> .....	39	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6: <b>INTEGRITY</b> .....	45	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7: <b>ORDER</b> .....	51	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8: <b>NURTURE</b> .....	57	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9: <b>SYNERGY</b> .....	63	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10: <b>HOPE</b> .....	69	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11: <b>IDEALS</b> .....	75	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12: <b>PARDON</b> .....	81	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Commitments/applications:

DATE COMPLETED

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_
- 4: \_\_\_\_\_
- 5: \_\_\_\_\_
- 6: \_\_\_\_\_
- 7: \_\_\_\_\_
- 8: \_\_\_\_\_
- 9: \_\_\_\_\_
- 10: \_\_\_\_\_
- 11: \_\_\_\_\_
- 12: \_\_\_\_\_