

— A 30-DAY SEED PLAN

Sharing Christ with your adult siblings, friends and adult children



When it comes to sharing Jesus with our grown kids, siblings, or friends, it doesn't take a sermon—it takes seeds. Most of those seeds look like simple, caring-enough-to-reach-out moments.

This guide walks you through the foundation (relationship first), a simple 30-day plan of small habits, prayers you can pray, and what to do if your first step isn't met the way you hoped. The last page is a print-friendly checklist—keep it in your Bible, your journal, or on the fridge.

Relationship first

Humility, a real apology, and the second mile.

30-day seed plan

Small daily, weekly and monthly touches.

Prayers & replies

What to pray, and what to say when they respond.

Printable checklist

Track it and pray over it. Write the vision down.

1 The Foundation: Relationship First

Before seeds can take root, there has to be soil. That means starting with relationship. If the relationship is damaged, the first step is to reestablish it—and that begins with humility. If you need to say “I’m sorry,” say it. Don’t make excuses, don’t try to share blame, don’t try to justify. Just say:

“I’m sorry. Please forgive me. I value you, I miss you, and I need you in my life.”

A SIMPLE, HONEST APOLOGY REOPENS THE DOOR WITHOUT DEMANDING ANYTHING IN RETURN.

Leave your hurt feelings aside.

Don’t place expectations on how they “should” respond, and don’t measure their reaction.

This is about how you respond.

Your role is to love, to humble yourself, and to plant seeds. God is the one who changes hearts.

Relationship

restored



Trust

built over time



Communication

lines open up



The Gospel

shared in love

When the lines of communication are open, hearts are softer and the gospel can be shared—not in denial of sin, but in a loving, caring way with strategy.

2

THE SECOND MILE

Jesus Himself taught this kind of strategy. In His day, Roman soldiers could force you to carry their gear for one mile. Jesus said, “*Go with them two.*” The first mile was obligation. The second mile was choice. In the second mile, an enemy could become a friend—and in friendship, hearts can change.

2 A 30-Day Seed Plan

Daily

1-2 MINUTES

Pray their name.

“Father, draw them, bless them, open a moment today.”

Weekly

ONE SMALL TOUCH

NEARBY *“Hey, I was thinking about you—want to grab lunch or coffee this week?”*

FAR AWAY *“Good morning, you crossed my mind today so I just wanted to check in and say hi. How’s everything going?”*

Twice this month

A WARM CHECK-IN

NEARBY *“I woke up today thinking about you and wanted to check on you. How are you doing?”*

FAR AWAY *“I’m updating my morning prayer list and of course your name is already on it. Anything new you’d like me to be praying about?”*

Once

THIS MONTH

Share a 60-second personal story—no preaching, just what Jesus means to you. Offer prayer, with permission, around a real need.

Optional

A GENTLE INVITATION

NEARBY *“Want to come with me to volunteer?” “We’re having dinner with friends—want to join?”*

FAR AWAY *“If you ever want to talk, just message or call me.” “We could FaceTime—if you’d like me to pray with you, just let me know.”*

3 Simple Prayers You Can Pray Over 30 Days

“Father, draw them to Yourself. Let them feel Your love this week.

“If they are in despair, Lord, show them You are their hope and the way to joy and peace.

“Holy Spirit, open the right door for a conversation and give me wisdom when it comes.

“Lord, I know there is no hope outside of You. Please use the situations in their life today to cause them to call upon You. Open their eyes and their heart to hear Your voice.

4 What If They Don't Respond to Your Apology?

Don't lose heart. Here's how to handle each kind of response.

IF THERE'S No response yet

- Don't chase or pressure them.
- Give them space to process.
- Follow up gently, later.

TRY SAYING

“I just wanted to make sure you got my message. I want you to know I meant every word, and I miss you.”

IF THEY RESPOND Negatively

- Don't argue, defend, or bring up old hurts.
- Stay calm and gentle.

TRY SAYING

“I understand. I really am sorry, and I miss you.”

IF THEY RESPOND Positively

- Thank them without overexplaining.
- Acknowledge the healing and extend connection.

TRY SAYING

“Thank you, that means more than you know. I'd love to get together sometime for lunch or coffee—or chat on the phone.”

Build relationship, build trust, build communication—then plant seeds. Go the second mile.

That's where hearts open and lives begin to change. Most of the time, it starts with simple, caring-enough-to-reach-out moments.

5 Write It Down

Here's a practical key: whether in your phone or on paper, write their name, today's date, and what you did to reach out—a text, a coffee, or a prayer. This makes it real.

Habakkuk 2:2

“Write the vision down.” If your heart's desire is to see your loved one come to Christ, treat it like the vision it is—track it, pray over it, and watch how God moves as you stay faithful.

PRINT-FRIENDLY CHECKLIST

30-Day Seed Plan

I'M PRAYING FOR

Check off as you go and stay faithful to planting seeds.

DAILY · PRAY THEIR NAME (1-2 MIN)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

“Father, draw them, bless them, open a moment today.”

WEEKLY · ONE SMALL TOUCH

- ☐ Week 1
- ☐ Week 2
- ☐ Week 3
- ☐ Week 4

TWICE THIS MONTH · WARM CHECK-IN

- ☐ Check-in #1
- ☐ Check-in #2

ONCE

- ☐ Share a 60-second personal story (no preaching—just what Jesus means to you).
- ☐ Offer prayer with permission around a real need.

OPTIONAL

- ☐ A gentle invitation (volunteer, dinner with friends, a call or FaceTime).

SIMPLE PRAYERS

- ☐ “Draw them to Yourself.”
- ☐ “Show them You are their hope.”
- ☐ “Open the right door.”
- ☐ “Open their eyes and heart to hear Your voice.”

DATE	NAME	WHAT I DID TO REACH OUT

Habakkuk 2:2 “Write the vision down.” Track it, pray over it, and watch how God moves as you stay faithful.