



TODAY'S TOPIC:
THE SEED IN THE CUP
 You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age, but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Am I planning a garden? What am I planting and growing?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Seeds – actual seeds, pictures of seeds. • Dirt and seeds and cups or pots. • Materials to write names and affirmations. 	<ul style="list-style-type: none"> • N/A 	<p>Know that thoughts grow like seeds.</p>

ASK: What do you know about seeds. Why we would talk about seeds and growing at the same time? Because seeds grow into things the same way thoughts grow into things. You can plant seeds in a pot or a garden to grow the same you can plant seeds in your mind to grow.

SHOW: Check out some seeds. Can you guess what kinds of seeds they are just be looking at them? Sometimes (ex: corn) but usually no. Each seed can only become what it is. It does not become something else. Your thoughts also grow into what they are meant to be.

ASK: What do you need to grow seeds? You grow seeds with sun and water and plant food.

ASK: What do we need to grow thoughts? You grow thoughts with affirmations and intentions and focusing on what you want.

ASK: Who can grow seeds? Anyone! Who can grow their thoughts? Anyone! It works for everyone.

ASK: Do things you didn't plant ever grow? (Weeds, other seeds that blew into the garden) Yes. It is like this with thoughts too. You have to take care of a garden and you have to take care of your thoughts and your mind. Maybe I want more friends but I just keep thinking about someone who is really mean to me. I want to get rid of that thought like I would get rid of a weed.

ASK: What are some "thoughts" you might want to grow? When you have your thoughts about what you want, do you have to know how it will happen? No! God does the work.

ACTIVITY: Plant! Could be in a garden, a pot, or even as simple as a cup with grass seed a damp paper towel with beans. However or whatever you plant, write a thought or affirmation and your name and place it on or near your plant so you can think about that thought growing while the plant also grows.

AFFIRMATION –My thoughts grow like seeds. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/>.