



TODAY'S TOPIC:
Power in a Seed

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.

How do seeds grow?

Lesson

Power in a Seed

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Bean sprout seeds, soil, water, plastic baggie • Different seed samples or images of seeds. 	<ul style="list-style-type: none"> • Seed samples 	

ASK: What do you know about seeds? Why do we talk so much about seeds and growing around springtime? 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: Show images of different seeds and see if they can guess what kinds of seeds they are. Each seed can only become what it is. It does not become something else. Can you tell what the seed will become by what it looks like? Sometimes (ex: corn) but usually no.

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 focus 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!

Take your bean seeds and bless them with virtues that you would like to see grow in your life then, plant into a clear plastic bag with some dirt and a little bit of water (a couple squirts from a spray bottle works best). Tape the baggie to the window so the growth can be observed.

AFFIRMATION: I plant seed of happiness. –repeat 4X

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