



TODAY'S TOPIC:
The Mustard 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.

What is something that starts tiny then gets really big?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Mustard seeds • Pictures of a mustard tree • Scotch tape 	<ul style="list-style-type: none"> • 	To know that many faiths believe that something small can become something amazing.

SHOW: A mustard seed.

ASK: What do you think it is? What do you think it will grow into? How big do you think it will get?

SHOW: Pictures of mustard tree. Emphasize how something so small could grow into something so big. The mustard seed grows into a bush/tree that is eight to twelve feet high.

EXPLAIN: This tiny seed has everything it needs inside it to become a big tree. You are like this seed. You have everything you need inside you to become whatever you want to be.

ASK: Do you know any teachers? It might be at school, it might be your mom or dad, it might be the person talking to you right now. There are some teachers who teach about God and Spirit. Did you know that many of these famous “God” teachers talk about this tiny little mustard seed? They say that the difference between the small mustard seed and the giant tree shows you can have **faith** in something great starting from the tiniest of beginnings.

ASK: Isn't it interesting that so many different teachers would use the same example of a tiny seed growing into something amazing?

ASK: What do you think “faith” means? It means total belief, trust, and confidence in something. The mustard seed has faith it will become a big tree, and you can have faith that you are involved in great things.

ACTIVITY: Each child will get a sheet with a picture of a tree, and they can tape a few mustard seeds onto it.

AFFIRMATION – How cool that there are so many faiths. repeat 4X

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