



## Sow a Seed

**Goal: To practice spreading the message of God's love with others.**

### RECOGNIZING GOD'S GRACE . . .

#### . . . In Matthew 13:1-9, 18-23

Jesus used common images from life to teach about the reign of God. Who would think a farmer sowing seeds in a field, with the birds of the air, the sun, and the soil, could be a parable about God's kingdom and how it emerges?

Jesus' parable about the sower and the seed indicates that the "seed"—the message of God's reign in Jesus Christ—falls on different types of "soil," with different results. The interpretation of the parable given later (Matthew 13:18-23) urges those who receive the message, the "good soil," be those who hear the word and understand it (v. 23). In the parable itself, the smallest "seeds" can bring a great harvest (v. 8).

The grace of God's reign is proclaimed by those who "sow seeds." We proclaim the message of Jesus. We trust God for great results in the future. These outcomes, in their various ways, depend on God's grace.

We receive the "seed"—the message—with gratitude. We hear and understand, living the message of God's grace. The fruit we "bear" is gratefully received as God's gift of grace.

God graciously allows us to "sow seeds." Let us do so!

#### . . . In Your Children's Experiences

Most children have some experience with planting seeds or bulbs and watching them grow. They probably also know that, with the right light and the right amount of water, seeds grow well. The parables that Jesus told invite us to think about our own lives, and this is certainly true for the parable of the Soils. Children can understand how seeds of God's love are planted inside each of us; sometimes they don't grow well, because we don't try very hard or we forget to give them enough light or water and to let our love grow. But when we remember to take care of the seeds of God's love, amazing things happen.

#### . . . In Your Relationships with the Children

This is the second Sunday in Lent. You have an excellent opportunity to invite children to think about the season of Lent as a time of personal reflection to consider how Jesus wants us to live. As you tell the story, notice how it focuses on each child being like the different kinds of soil at different times in their life. If you invite them to provide examples from their own experience, you will probably be wonderfully amazed at what you hear about how they have failed to help, or have helped, God's love grow in the world.

*Dear God, with humility, I thank you for planting seeds of faith in me. May I be good soil and a faithful sower. Amen.*



## Supplies

**Music & Melodies**  
(MM) 2022–2023

**Stories, Colors & More**  
(SCM) i–iv, 1, 20, 22, 23

basic supplies  
(see p. vii)

e-book or story audio  
(see p. vii)

purple cloth

candle

seeds

dry, rocky soil

a weed with soil

potting soil

large piece of  
cardboard from a box

## Responding

### Celebrating

large sheet of tan or  
gray construction paper,  
ten plastic pony beads  
of a different color for  
each child

### Praying

SCM 1a

### Offering

copies of **Grace Notes**  
(GN) 1, copies of GN 2

### Extra

copies of GN 3

## GATHERING IN GOD’S GRACE

Before the children arrive, post **SCM i–ii**, “Your Visual Schedule.” Cut out and glue the arrow marker on a clothespin. Use the schedule to provide clear expectations and a visual cue for the group.

See **SCM iii–iv** for the key to icons (for example, **LG** **T**) and ways to adapt for children who have special needs or disabilities.

“Celebrating God’s Grace” requires more prep.

### Welcoming and Preparing

**A B M L**

Play “Our Father, Who Art in Heaven”—**MM 22**; **SCM 22**—as children arrive. Welcome each child with “Grace and peace be with you, (*Name*).” Prompt the response, “And also with you.”

Invite the children to help set the scene. On a table, place a purple cloth, a Bible, and a candle to signify the light of Christ. Add the large piece of cardboard from a box. On the cardboard, place a small pile of dry, rocky soil; a weed with some soil; and a small pile of potting soil. Tell the children that this is the second Sunday in Lent, a time to think about how Jesus wants us to live. Explain that today you will be learning about how we can be open to God’s message of love and how we can spread that message.

Ask the children to draw a large stem and leaves on mural paper. Write “God’s Grace Grows Here!” across the mural paper. Have them cut out large heart shapes from construction paper. Ask the children to write their names on the heart petals, and glue them around the top of the stem to make a flower. Hang the mural in your area.

Ask some children to help prepare today’s “Responding in Gratitude” activities. Suggest that one or two prepare to lead today’s singing. Ask for several volunteers to practice today’s Scripture passage.

### Singing

**A B T D SD**

Listen to “Jesus, Jesus, Jesus in the Morning”—**MM 19**; **SCM 20**. Help the children learn the song and sing it with confidence. Add rhythm instruments to accompany the music.

**D** *Children who cannot hear can enjoy music by feeling vibration. Allow children to take off their shoes or play drums and other rhythm instruments to feel the vibrations.*

### Praying

**MS**

Turn on the candle as a reminder of Jesus’ presence with you. Invite the children to sit in silence for a few moments, then have them repeat after you, saying the words and doing the motions as you do:

Jesus said, “Anyone who has ears, (*touch both ears*) /  
let them hear.” (*cup hands behind ears*) /

Repeat two or three times. Then pray: “God, help us to listen to your word. Amen.”



### Preparing to Hear the Story TD

Draw the children’s attention to the worship table with the soils. Show the children the seeds. Wonder with the children about times that they have planted seeds. Ask them what they think a seed needs to grow into a strong and healthy plant. Suggest that the cardboard represents a hard, dry path. Knock on the cardboard. Invite a volunteer to pick up some of the dry, rocky soil and describe it. Next, have another volunteer describe the soil with the weeds. Finally, have a volunteer describe the potting soil. Ask the children which soil(s) they think plants would grow best in.



Luke’s version of today’s story can be found in *Growing in God’s Love: A Story Bible*, edited by Elizabeth F. Caldwell and Carol A. Wehrheim (Louisville, KY: Flyaway Books, 2018), [pcusastore.com](http://pcusastore.com).

### Hearing the Story L VI

Invite a child to find Matthew 13 in the Bible. Ask for volunteers to read Matthew 13:1–9, 18–23. Conclude the reading by saying, “Word of wisdom, Word of grace,” and prompt the children to say, “Thanks be to God.” Place the open Bible on the worship center.

Read a retelling of the story using **SCM 1** or listen to the story audio while volunteers play the role of the farmer. Prompt the farmers to drop a few of the seeds first on the cardboard box, then on the dry, rocky soil, then on the weedy soil, and finally on the potting soil.

### Reflecting on God’s Grace L

Tell the children that Jesus’ story about farmers, seeds, and soils is a *parable*. Explain that the words in a parable are a kind of code, where one thing stands for another thing. Jesus doesn’t often explain his parables, but in this one he did. There are often several different ways to understand parables, so it’s all right to understand it from different perspectives.

Wonder together who plants the seeds. The story says, “God joyfully plants the seeds of love everywhere,” so God could be the farmer. Jesus tells about God’s love to all he meets, so Jesus is also the farmer. We are to be like Jesus, following his example, and we tell others about God’s love, so we, too, are sowers of the message of God’s love.

Ask the children what they think the seeds represent. The seeds are a code for the words that tell about God—like “God loves you.”

Wonder together what the soils are. The soils are the hearers of God’s message. Each soil is about the heart and mind of a person who is listening. This could be different people or even different times in the lives of the same person.

Explain that, every time the children show kindness and follow in God’s loving ways, they can know that the seeds of God’s love are growing within them in good, fertile soil. Their hearts and minds are open to God’s message.



### Singing

Give God an offering of music. Play, listen to, clap, and sing “Jesus Bids Us Shine”—**MM 23; SCM 23.**

Turn off the candle.

## RESPONDING IN GRATITUDE

Select activities appropriate for your group and for the time available.

### Claiming God’s Grace



Invite the children to stand in a circle. Tell the children that Jesus told this parable to people who knew about seeds and plants, so they could understand it. Comment that we may not know a lot about seeds and plants, so we are going to change the code and play a game about an exercise program that is healthy for us.

- ▼ Explain that everyone will do some exercising because it is so good for us. Tell the children that, sometimes when we exercise, we are like the seeds that fell on the road. We refuse to listen and do not even start to exercise. Have them lie down and not move for about thirty seconds.
- ▼ Have everyone stand up and direct them to march in place, swinging their arms for about ten seconds. Pretend to be winded and tired. Tell the children that, sometimes when we exercise, we are like the seeds that fell on rocky soil. We start exercising right away, but soon get tired and quit. Have them stop exercising and sit down for about thirty seconds.
- ▼ Have everyone stand up and resume marching in place, swinging arms for about thirty seconds. Then start looking around distractedly. Tell the children that, sometimes when we exercise, we are like the seeds that fell among the weeds. We start exercising right away, and we like it, but we get busy, and our favorite TV show is on, and we want some ice cream, so we quit. Have them stop and sit, stand, turn around, or look around for about thirty seconds since they are distracted.
- ▼ Have everyone resume marching in place, swinging arms for about thirty seconds. Tell the children that, sometimes when we exercise, we are like the seeds that fell on good soil. We start exercising right away, and like it, and keep doing it as part of our daily routine. It makes us feel good and healthy. Invite the children to express joy and happiness using their bodies for a few seconds.

Wonder together how exercising our bodies is like exercising our faith. Ask how we might exercise our faith so that we grow in Jesus.



## Celebrating God's Grace

B T TD

Play a game to remember the parable of the sower and the seeds. Have the children form teams of two to four people. Give each team a sheet of large tan or gray construction paper and markers. Have them fold each side in about an inch and pinch the corners together by either taping or using paper clips, forming a tray. Tell the children that they are making their own game board. It needs to have a path drawn from one side to the opposite side. The path can wind around or be straight. Then they need to draw at least four rocky areas, four weedy areas, and four good soil areas anywhere they like on their game board. Tell them to make a border around each area to distinguish it from the other areas.

Give each team a blindfold and "seeds" (plastic pony beads); each person on the team should have their own color of ten seeds. Give the children the following directions to play the game:

- ▼ Place the game board on a table.
- ▼ Blindfold a player. Spin them around several times. Place them in front of the game board and give them their ten seeds.
- ▼ The player drops their seeds onto the game board (from about 6-8 inches above the board) and is awarded one point for each seed that lands in good soil. Leave the seeds on the board until all have played.
- ▼ The play continues with the next player.
- ▼ The winner is the person with the most points, or teams may total their seeds in good soil and try to get more on the next round.

## Praying God's Grace

LD L

Post **SCM 1a**. Explain that the prayer was written a little over a hundred years ago, but no one knows for sure who wrote it or when it was written. The prayer is often called the prayer of St. Francis of Assisi because it reflected the way he lived his life, over 700 years earlier, and his desire for peace and simplicity. It became popular during World War I and II because of its desire for those who prayed it to be an instrument of peace.

Read the prayer together and see if there are any words that the children do not understand. Talk about the word *sow* and stress that, when we sow seeds in the ground, they grow and spread and change the landscape. Comment that the author of this prayer must have felt the same way about sowing seeds of peace. Read the prayer aloud together again.





**Messages of God's love ideas:**

- God loves you.
- Follow Jesus.
- Love one another.
- Talk with God.
- God is always with you.

**GN 3 Solution:**

B, E, G

**Offering God's Grace**



Tell the children they will be sowers of God's message by making seeds to go in seed packets to give to others. Brainstorm some simple messages of God's love and write them on a sheet of newsprint (see ideas in the sidebar).

Give each child a copy of **GN 1**. Invite them to choose a different message to write on each seed. Assist younger children with writing as necessary. They may color their seeds as they wish. Have them cut out the seeds and set them aside to put in their seed packet.

Then give each child a copy of **GN 2** and have them cut out the seed packet pattern along the solid lines. Fold along each of the dotted lines. Glue the side and bottom tabs to the inside of the packet, leaving the top tab open.

Tell the children to place their seeds in the packet, fold over the top tab, and give it to someone as they sow the message of God's love.

**Extra Activity**

Describe to the children that, sometimes, the smallest change can make a big difference. When the seeds fell any place except the good soil, the plants could not grow. When the sower threw the seeds on the good soil, the plants could grow. Hand out copies of **GN 3** and pencils. Have the children see if they can tell which of the pieces below exactly match the picture above. If time allows, hand out markers or colored pencils to color the scene.

**LOVING AND SERVING GOD**

Ask the children to help clean the space.

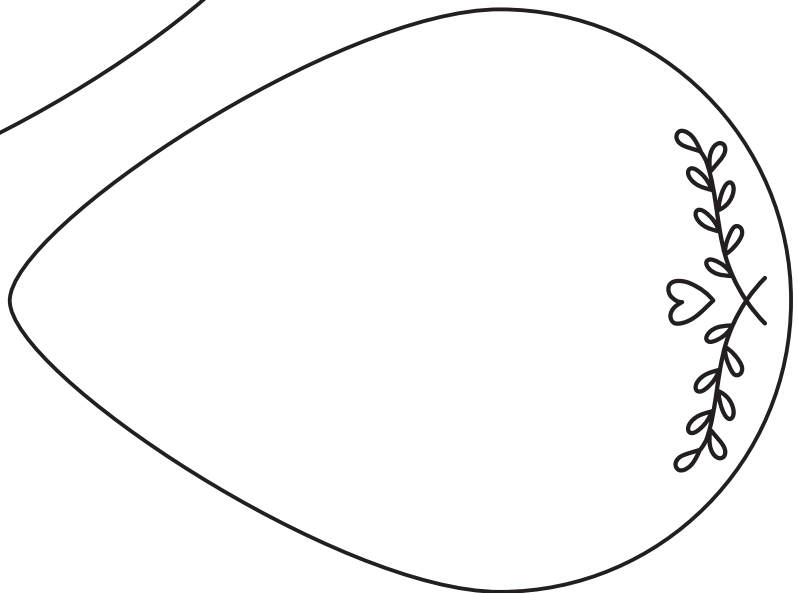
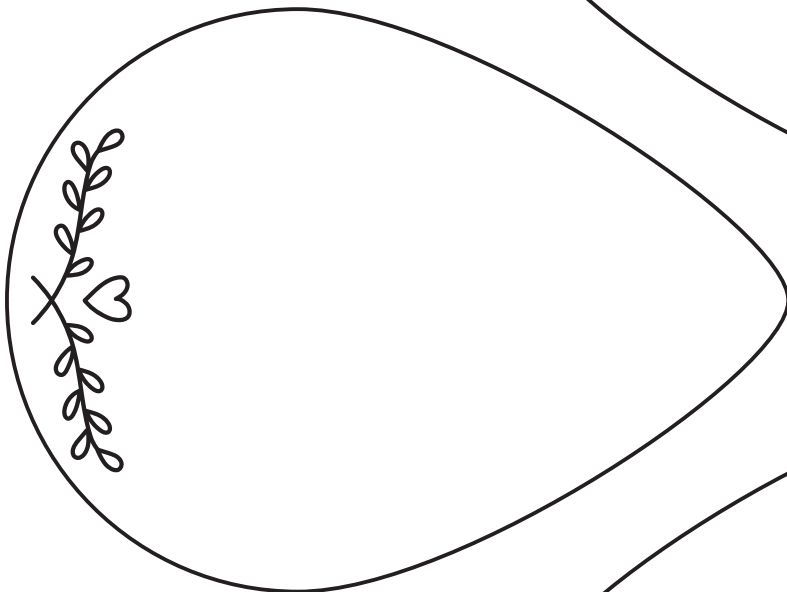
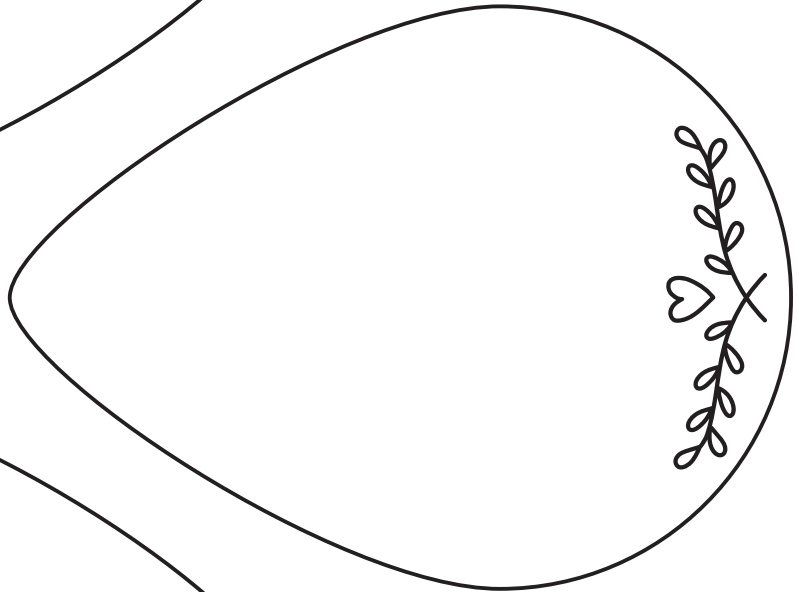
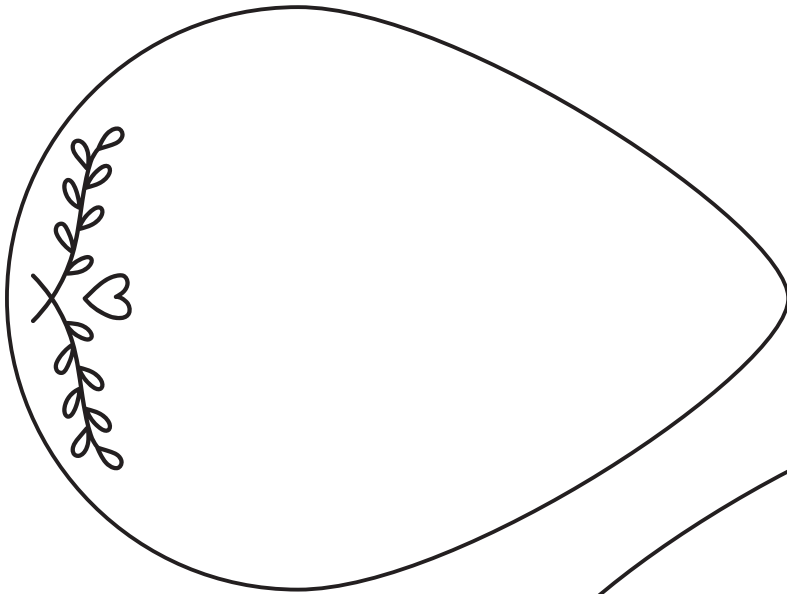
Gather in a circle and wonder together how having open hearts and minds would be a helpful practice during Lent. Point out the mural made in "Welcoming and Preparing," the flower with heart petals and "God's Grace Grows Here!" Ask the children to name ways and places they will plant a seed of God's love this week. Pray:

Dear God, we thank you for the people who have sowed your seeds of love in our lives by teaching us about you. We thank you that we have the chance to grow strong, like the seeds in good soil. Help us be sowers too, telling other people about the message of your love. Help them have open hearts and minds so they can grow too. Amen.

Bless each child as they leave, saying, "(Name), God's love has been planted in you. Go in God's grace."



Ask parents and caregivers for their email addresses so you can send the Grace Sightings link, or invite them to visit [gracesightings.org](http://gracesightings.org). Remind the parents and caregivers about the e-book and story audio (see p. vii).

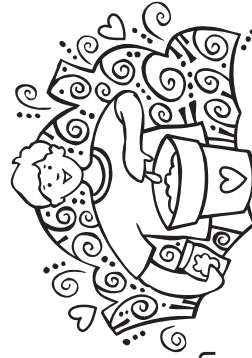








# Messages of God's Love Seeds



Yield: More than enough  
to share with others!

A large rectangular area with a dashed border, intended for writing notes. The top-left corner is rounded.



