**Narrator:** Jesus asked, “What is God’s kingdom like? To what can I compare it? It’s like a mustard seed that someone took and planted in a garden. It grew and developed into a tree and the birds in the sky nested in its branches.”

**Seed:** Hi, I'm a mustard seed, and I'm one of the tiniest seeds you can find in the Middle East. I'm so small you can barely see me when you hold me on your fingertip. But I'm important enough for Jesus to talk about.

**Farmer:** I take this tiny mustard seed and place it in a hole I dig in the ground. What do you think happens to this seed? I am responsible for nurturing this seed until it grows to maturity.

**Sun:** This seed needs some help to grow tall. I shine my bright rays down on it to help it grow.

**Rain:** I help the seed too. I fall from the sky and keep this seed watered so it can grow.

**Farmer:** I wait patiently for the seed to become a plant and peek up out of the ground. Then I protect it from animals who want to eat it. Slowly, it grows strong and tall.

**Seed:** I love peeking up out of the dirt and feeling the sun and rain. The farmer takes good care of me, and I keep growing taller. One day I'm so tall I feel like I can touch the sun. Now I have a lot of branches and they're covered with leaves. So guess what happens? Some birds come and make nests, and soon I have a lot of baby birds living in my branches. We're all so happy together.

**Narrator:** Why do you think Jesus said his kingdom is like a mustard seed? Little is much when God is in it! The mustard seed's growth helps us understand how we can grow as a Christian. As we learn to have faith and believe in God, we grow strong and tall.

(Based on Luke 13:18-21)
From a Seed to a Tree – Puzzle (Preschool)
How does a little seed grow into a big tree? Look at the picture to see how a seed grows.
### Things that Grow – Puzzle (Younger Elementary)

How many things can you think of that grow? See if you can add something that starts with each letter of the alphabet.

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Comparing a Seed to Faith – Puzzle (Older Elementary)

Jesus used a tiny mustard seed to talk about faith. How do you think the two are alike?

<table>
<thead>
<tr>
<th>Mustard Seed</th>
<th>Faith</th>
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<tr>
<td>One of the smallest seeds</td>
<td>How much faith does it take to believe in God?</td>
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<tr>
<td>Can grow 20 feet tall</td>
<td>What makes your faith grow?</td>
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<td>Grows all over the world</td>
<td>Where can your faith grow?</td>
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<td>Grows in hot or cool climates</td>
<td>Does your faith go away in times of troubles?</td>
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<tr>
<td>If it’s cut down, it can grow back again</td>
<td>How can you use your faith to show others God’s love?</td>
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<tr>
<td>Can grow in good or poor soil</td>
<td></td>
</tr>
<tr>
<td>Has many uses</td>
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8e  Seed Mosaics – Craft

Materials:
shallow lids
(like the top of a butter container)
liquid glue
seeds
washable paint
paintbrushes
single-hole punch
yarn

Directions:
• Fill a shallow lid with liquid glue.
• Tilt the lid back and forth to spread the glue over the entire bottom of the lid.
• Place seeds in the glue making a design of your choice.
• Paint over the tops of the seeds with washable tempera paint.
• When you complete the painting, set the mosaics aside to dry for about a week.
• Peel the mosaics out of the lids.
• Punch a hole in the top of the mosaic.
• Add some yarn through the hole to hang the mosaic.
1. To be physically healthy and grow, we have to put good things in our bodies and exercise to build strong bones and muscles.

2. Spiritual exercises are practices that help us grow spiritually and develop our relationship with God.

3. What foods can you eat or drink to help you be healthy?

4. What exercises can you do to help make your body strong?

5. What spiritual food can we put in our bodies to help make us healthy?

6. How can we exercise the following body parts to help us grow spiritually:
   - Eyes
   - Ears
   - Mouth
   - Hands
   - Feet
   - Knees

Session 8
Summer 2020
**Communities Grow**

**Luke 13:18-21**

Jesus taught his followers using stories called parables. In these stories, he used practical things the people were familiar with to describe spiritual things. The mustard seed is one of the tiniest seeds planted, but it grows into a large plant. The kingdom of God had small beginnings, but it quickly grew large. Our individual faith in God can grow by reading God’s Word and living like God wants us to live. God is always with us to help us learn and grow.

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**Verse of the Month**

“The Lord your God is with you wherever you go.” Joshua 1:9

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**What Do You Think?**

- How do you grow physically?
- Do you think the kingdom of God is still growing?
- What can you do to help it grow?

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**Family Activity**

Talk about your community of faith. When did you become a community? How has your community grown over the years? What can you as a family do to help your community continue to grow.

Talk about the things you do together as a family that help you grow spiritually. How can you measure spiritual growth?

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**Prayer**

Dear God, show us how to grow our faith. Help us to follow you in everything we do; in Jesus’ name, we pray. Amen.