

## Growing in Faith

By Christy Olson

Spring is a time of growth. Faith growth, like all growth, takes time. Families will plant seeds and talk about what is needed for growth in God's time: Water, the warmth of the sun and the good soil of relationships and experiences. A Family Faith Growth Chart will help families record their growth in faith.

### For

Young Family

### Season

Spring/Lent



### Needed

Newspapers or a vinyl table cloth, 12-15 ounce paper or foam cups, potting soil, one package of seeds such as Black Eyed Susan or Zinnia, a small pitcher of water, Bible, Family Faith Growth Chart (see page below), one color of crayon for each person, transparent tape

### Prepare in Advance

- Cut apart the Family Faith Growth Chart
- Tape the halves together matching the green stem
- Cover the seed planting area with newspapers or a vinyl tablecloth

### Activity Plan

1. Engage in this prayer activity together. Everyone begins squatting on the floor. As the prayer is repeated each body will grow with the prayer until arms are stretched to the sky as you shout "Amen".

*God, Help us grow and grow so each minute we know more about you.  
We reach to the sky knowing you are always with us as we grow. Amen.*

2. Jesus tells a story called a parable about a sower. A sower is someone who plants seeds like a gardener. In the spring lots of gardeners are planting seeds. Open the Bible to Matthew 13:3-9. Read the story aloud. Discuss these questions.
  - Why did the birds eat the seeds?
  - Why did the seeds planted in rocks die soon?
  - Why did the plants choke in the weeds?
  - What is good soil for growing?
3. Let's plant some seeds. Add soil to the cups. Add a little water. Plant three seeds in each cup just under the top of the soil. Put the seed cups in a sunny spot. Watch the seeds. Are they growing? How long does it take to grow? Remember to keep the seeds wet.
4. Look at the Family Faith Growth chart. These are some ways we can grow in faith. We never stop growing in faith. Each person will choose one color of crayon. When you do one of the things on the family faith growth chart, make a flower in your color on the stem. During the week, fill the stem with family flowers as you grow in faith together.
5. End by reading Matthew 13:3-9 again. Substitute the word "seeds" with "seeds of faith." Keep growing this week.



## Family Faith Growth



Help others

Listen to a Bible story

Make a good choice

Take a walk and find joy

Share a book

Open the door for a neighbor

Tape to bottom of other strip



Tell a Bible story

See God's Creation

Know my faith Family

Talk about Jesus

Pray

Sing a song for God

Eat healthy food

