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Nourishing Our Spirits

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Nourishing Our Spirits

Cover Page Footnote

None



Nourishing Our Spirits

Matthew 6:30 – *“If God gives such attention to the appearance of wildflowers-most of which are never even seen- don’t you think he’ll attend to you, take pride in you, do his best for you?”* (The Message).

During a recent sermon series, the theme for worship was “Continue to Grow.” The focus was to grow in our walk with Jesus and in our relationships. Members and friends were invited to drive to the church parking lot to pick up a small container, soil, small pieces of water-soluble paper, and seeds to plant. The questions the pastor asked were: *What does it mean to grow? Is it something we can cause to happen? Can we learn how to grow?* Our task was to plant, water, pray, and watch as God did the work of growth, not only in the seeds, but in our lives.

Each week during worship we were instructed to write a prayer on one water-soluble paper and place it in a small quantity of water that would be used to nourish the plant during the week. The invitation was also extended to those who worshipped on Facebook/ZOOM to share growth progress over the past week. Our seedlings required attention and feeding during the week. The plants grew at various rates based on multiple conditions, amount of attention received, and location in the house. As we watched our plants grow, we also explored our opportunities for spiritual growth.

My marigolds continue to grow. The tallest stem is about 15 inches high, and flowers continue to appear based on the sun and water that provides nourishment. In addition to enjoying my flowering plant, it became part of a math lesson for a class of kindergartners, helping them grow in math! I volunteer each week with a kindergarten teacher. During the morning circle when the children can share, I told the five-year-olds about the seeds I planted and that I enjoyed watching them grow. The teacher suggested I bring the plant to school each week so the children

Step by Step Instructions for Your Ministry Project

1. Purchase packets of flower or vegetable seeds at your local garden supply or grocery store.
2. Plant seeds according to the instructions on the packet.
3. Obtain water-soluble paper, available at your local hobby or office supply store or online. This paper is an environmentally friendly product. It completely dissolves in seconds when exposed to water and agitation. Cut the larger sheet of paper into 1 x 3-inch pieces to dissolve in water each week. Provide one piece for each week of your project. Each person can take all the papers home, or you can distribute one paper each week if this is a group project.
4. Write a message to God, a favorite scripture, a prayer, or thanks on the water-soluble paper before placing in the suggested amount of water. Use the water with the dissolved paper to nourish your seeds each time during the week when you water the seeds.
5. Put the pot in a sunny spot. Enjoy watching the seedlings grow.
6. Encourage participants to share the progress they observe during the project.

could measure its growth with a ruler as part of the math lesson. Measuring the plant's growth continued until the school year ended when the plant was 13 inches tall.

Has my spiritual life continued to grow? My constant prayer is that I continually grow through daily Bible reading, meditation, prayer, worship, Sunday school, weekly prayer groups, and ministry opportunities. As a result, I share the love of God with my family, friends, neighbors, and everyone I meet. Isaiah 40:8 reminds us that "The grass withers, the flower fades, but the word of our God endures forever."

Take away lesson...

As your plant grows, you should grow in the grace and knowledge of our Lord and Savior Jesus Christ. Please share your experiences and pictures associated with this project and the physical and spiritual results with Marilyn Harris and FCNI. We look forward to hearing from you!

Prayer

Dear Father, thank you for the beauty of nature all around us. Remind us that we are to grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be honor, both now and forever. (II Peter 3:18). In Jesus name, Amen.

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Supply List

- Small gardening pot with drainage dish
- Potting soil
- Hand shovel or large spoon
- Packet of flower or vegetable seeds
- Water-soluble paper
- Pen or pencil
- Water
- Bible for scriptures
- Sunny window