

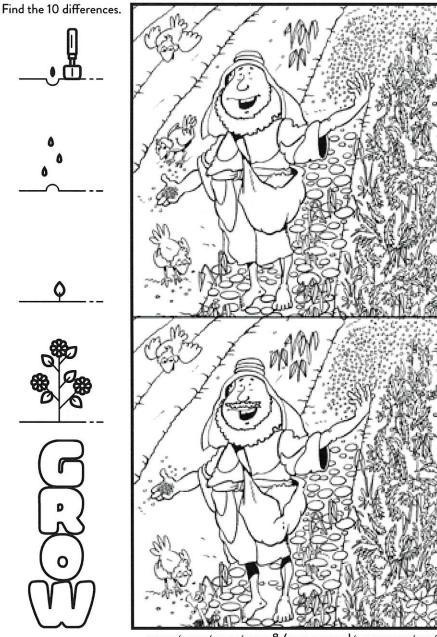
Follow Me 3 Grow and Till

WAYS TO PRACTICE AT HOME

We encounter plants each day in many ways, from appreciating the beauty of a flower or a walk in the woods, to actually using these things in our daily lives for purposes as varied as food, clothing, decorations, and furniture. As carers of creation, the act of planting, tending, and tilling these growing things is another way that we honor and appreciate these gifts from God.

- Make seed bombs with wildflower seeds to introduce more native plants for pollinators (bees, birds, and bugs) to do their job. To learn about seed bombs, watch the YouTube video "Unleash the Power of Seed Bombs: Guerilla Gardening at Its Best!" (bit.ly/FMSeedBombs, 7:34). Then make some seed bombs that you can toss in dirt patches in your neighborhood. Use the directions provided in the previous video or watch the YouTube video "DIY Seed Bombs—Easy Spring Craft Project—HGTV" (bit.ly/FMSeedBombsPaper, 1:01) to see how to make them with colorful paper using molds. You can also roll the paper and seed mixture into balls as well.
- As a family, make a list of all the fruits and vegetables you can think of together. Circle all the ones that everyone likes to eat. Put a line under any that one or more family members like. One day each week find a recipe using a family favorite. Use the underlined items in new ways. Once a month, challenge yourselves to choose a fruit or vegetable that is not circled or underlined, find a recipe, and see if there are new favorites.

Dear God, thank you for the vegetation that covers the earth, on the land and in the waters. May I appreciate it and work to help it thrive. Amen.



arm, bag, bird, flower, hat, moustache, plant on rocky ground, rocks, tunic, worm



Based on Genesis 1:9-13; Matthew 13:1-8 How did the world start?

That is a big question!

The Bible has a story that imagines how it might have happened!

In the beginning, the world did not have a shape. The world did not have a color. There was nothing at all, so God created.

God spoke and there was light and darkness, seasons and time, earth and sky, wind and water.

"What good things!" God said.

After that, God added land and water and living things to fill the waters.

And again, God looked at these new creations and said. "What good

And again, God looked at these new creations and said, "What good things!"

And here's what happened next.

God said, "From this earth there will grow all sorts of plants and trees. These plants will hold seeds inside them so that good things will continue to grow and make fruit and then make new plants so that the earth will always be filled with growing things." And just as God said it would, it happened! Trees and flowers and vegetables grew and their seeds returned to the earth so that God's beautiful plants would come again and again, filling the world with growing things!

Many years later, God's son, Jesus, told a story about seeds. In his story, he told about some seeds that landed on a hard path where birds ate the seeds, and other seeds that fell on rocky ground where they didn't have good soil to take root. There were seeds that fell in the weeds and thorns and couldn't grow, and seeds that were planted in good, rich soil and grew good, strong plants.

Jesus' stories were often about more than what he described, and this story was no different. But he talked about seeds because he knew that many of the people

listening to him understood what it meant to plant seeds to grow food. He knew that they knew that seeds were a gift from God and needed to be tended.

God did so much creating, but God was not done yet. There would be another day coming for more of God's good creation!

