



Seeds

Life Sunday Children's Message – Hope For Life

Verse: “In your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect.” (1 Peter 3:15)

Materials: Bowl of mustard seeds (available in spices & seasonings section of grocery or at local garden center), snack-size bags of sunflower seeds

(Show bowl of seeds.) Who has a guess about what these are? What do they look like to you? **(Await responses.)** Well, these are seeds. They're actually mustard seeds. What do you think we should do with them? **(Await responses.)** Of course! We can plant them in the ground and water them, and in the sunshine they will grow into bushes. Those bushes produce lots more seeds, and sometimes we crush those seeds and grind them up and mix them with a little vinegar. That makes mustard, which helps our hot dogs and hamburgers taste yummy.

But what problems might mustard seeds cause? **(Await responses.)** Sure, little boys and girls might choke on them. Or, if someone spilled the seeds on the floor, we might fall down and hurt ourselves. Or the powder from the seeds might irritate our eyes or make our clothes and kitchen counters dusty. Or the seeds might sprout somewhere we don't want them and get in the way. So mustard seeds can actually be annoying and even kind of dangerous!

What do you suppose these seeds have inside of them? **(Await responses.)** I'll tell you what, they have hope inside of them! These seeds are filled with hope! They have so much hope that they just grow. They can't help but grow. They have so much hope inside of them that they grow life even in the middle of dirt. Even after ten years, or a hundred years, or five hundred years, they will still grow. They're tiny, and they don't cost a lot, and sometimes they're nuisances to us, but they grow and they give. They take other things we don't always like—such as the sun's heat and rainfall and the dirty earth—and they turn it into life.

Where did they get all that hope? Who put the hope inside these seeds? **(Await responses.)** That's right! Our Lord Jesus did. And our Heavenly Father did. God, our Almighty Maker, loves to give. Now He knows these seeds can become dangerous. He knows how bothersome the hot sun and the cold rain and the muddy ground can get. And He doesn't like it, either. That's not the way He created the world to be. But even all those hassles can't ruin or remove the hope He designed inside seeds. In fact, God gathers up all those nuisances for Himself, and He uses them to do something



beautiful: He makes mustard and yummy hot dogs and hamburgers and family gatherings and happy tummies and wonderful memories!

You know, the Lord our Savior puts hope inside people too. He puts even more hope into human beings. He sees that we are sinful and selfish. He sees how we are disobedient and dangerous. He sees us suffering because of it. But He has created each one of us with His own command. And He has redeemed us all with His own Son. And He calls every individual with His own Holy Spirit. He finds so much hope in human lives. Since God loves us, He forgives our sin. Since Jesus has come for us, He saves our life. Since He died on the cross and rose again, we have hope. Everyone has the hope of loving each other and living forever!

Do seeds have to be pretty to have hope? **(Await responses.)** Do we? **(Await responses.)** Do seeds have to be popular to have hope? **(Await responses.)** Do we? **(Await responses.)** Do seeds have to be powerful to have hope? **(Await responses.)** Do we? **(Await responses.)** Do seeds and people have hope even when they're bothersome and dangerous? **(Await responses.)** Do seeds and people have hope even after a long time, or without enough money, or under a certain size? **(Await responses.)** Yes, we do! And why? Because God grows seeds. And God can grow us and everyone else, and He will, and He does. He gathers people, and He uses them to do beautiful things and give many blessings.

To help you understand and remember the hope Jesus gives human lives, I want you to have these seeds. **(Distribute snack bags.)** God puts hope inside each person like seeds. No pains or problems can ruin or remove that hope.

Prayer: Dear Heavenly Father, thank You for making us and saving us. Thank You for giving us hope. Help us trust Jesus and show hope to others. Amen.