



# YOU REAP WHAT YOU SOW



## GETTING INTO THE ACTIVITY

When we plant seeds, we know they will grow into a plant, flower, vegetable etc. What happens in life when we plant seeds of kindness, anger, love, hate? [Link to Harvest.](#)

Show pictures of different seeds. Can the group guess what each seed grows into? When we plant seeds, we know what's going to grow. The flower / vegetable doesn't come as a surprise.

We are like packets of seeds. When we do things, we leave seeds behind. These seeds could be good (saying thank you, looking after others) or bad (being mean, selfish). If we leave good seeds behind, these will grow into beautiful things with positive impact on others, please God and make the world a better place. If we leave bad seeds, then these grow into things like weeds, that aren't good and won't make God or anyone else happy. God always wants us to plant good seeds wherever we go. How can we do that?

**'Do not be fooled: You cannot cheat God. A person harvests only what he plants'** Galatians 6:7

**Seeds Game:** Download the activity sheet and play the seeds game. Can you decide which seeds to sow and which seeds to bin?



## WHAT YOU'LL NEED

- Seed Game Activity Sheet
- Two Buckets / Containers



## KEEPING EVERYONE SAFE

When playing the game, ensure the teams have enough room to socially distance when waiting for their turn.

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## Instructions

Split the group into small teams. Each team will need a set of seeds cut out. Sit the team at one end of the room and place two buckets at the other end of the room. One should be labelled 'sow' and the other 'throw'. Lay the seeds randomly on the floor between the team and the buckets. On go, one player from the team should collect a seed, run to the buckets and place the seed in either the 'sow' or 'throw' bucket, depending on if they think it is a good seed or a bad seed.

Make the game more difficult by adding obstacles or challenges (hop, moonwalk, do 5 press-ups, walk like a crab) between picking up the seed and dropping it off in the bucket. The team who sort the seeds the quickest wins.

Afterwards, go through the different seeds and discuss why that seed should be sown or thrown. How can we make sure we sow good seeds in our lives to help make our world better and please God?

**Virtual Session:** Hold each seed up and the group should decide if it gets sown or thrown by holding their thumb up or down. Discuss why after each seed has been shown.



**Kindness**



**Hate**



**Love**



**Being Mean**



**Saying Thanks**



**Being Rude**



**Sharing**



**Being Greedy**

# YOU REAP WHAT YOU SOW



**Helping Others**



**Stealing**



**Saying Please**



**Bullying**



**Lying**



**Caring for  
Others**



**Winding  
People Up**



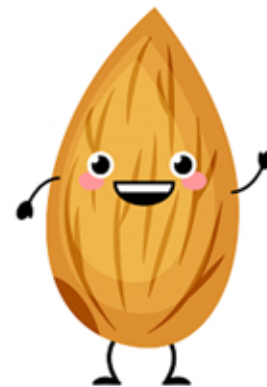
**Encouraging  
Others**



**Being Jealous**



**Cheating**



**Praying**



**Smiling**

