



Parable of the Sower/Preparation

13th Confirmation Class Handout

Matthew 13:1-9

1 That same day Jesus went out of the house and sat beside the sea. 2 Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. 3 And he told them many things in parables, saying: "Listen! A sower went out to sow. 4 And as he sowed, some seeds fell on the path, and the birds came and ate them up. 5 Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. 6 So, when the sun rose, they were scorched; and since they had no root, they withered away. 7 Other seeds fell among thorns, and the thorns grew up and choked them. 8 Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. 9 Let anyone with ears listen!"

NOTES

- Rob Bell in the video refers to the Moses story and says that all ground is holy, but Moses didn't notice it until before.
- But once Moses did notice, then the ground was holy.
- Then later on Rob Bell calls us divine dirt clods, right? Dirt clods that came from the ground. Ground that was holy.
- We are holy ground. We are holy soil.
- But how do we prepare the soil that is us to receive the seed, the Word?
 - We breathe. We slow down. We pay attention.
 - We breathe. We slow down. Then we pay attention.
 - We breathe. We slow down. Then we pay attention.

THE GOOD NEWS

- One way to slow down, pay attention and breathe:
 - Sit or stand still and focus on our breathing.
 - In the breathing, listen for God's name in our breathing.
- This is one way in which we prepare ourselves to be "good" soil that can receive the Word of God.

Challenge of the Week

- Find a time where you are by yourself. Take note of how you are feeling: Tired? Worried? Relaxed? Distracted?
- Set a timer for at least 7 minutes. Then listen to your breathing. Maybe even form the sounds of Yah-hey and Va(d)-hey as you breathe in and out. After your timer goes off, take note again of how you are feeling. Do you feel any different? How?