

Jesus's stories about mustard seeds and yeast



SpT2E

Matthew 13:31-35 & Mark4:30-34

Aim: to learn from Jesus that god helps small things, like our trust in him, grow into bigger, amazing things



Many of the stories that Jesus told and which are found in the Bible are called 'parables'. Like fables, they contain hidden meanings. Unlike fables, the meanings of parables aren't always easy to understand, or even designed to be! Thankfully, Jesus does reveal meanings to his people. Sometimes it is good to grapple with a puzzling concept. It can help us to become active rather than passive learners.

In today's session we explore the parable of the mustard seeds and the parable of the yeast. These refer to God's Kingdom and the faith that comes by hearing the word of God. His word, like the seed and yeast is living and active. As we read it and unpack it with our children it has a transformational effect on our hearts and minds.



Today we are going to curl up as tiny seeds underground. Stretch and grow with me as I explain what is happening to the tiny seed.

Talk through waiting, shivering, the soil warming, shoots and roots wiggling and stretching, rain pouring and stems pushing through the soil, leaves growing and reaching out and finally flower heads stretching up and petals opening out as the warm summer sun shines down. Repeat.



Our tiny seeds grew into beautiful tall flowers. Jesus told a story about a tiny seed that grew and grew and grew. Copy my action with your arms rolling round and up as I say 'Grew and grew and grew'. Now you are ready to help me in the first story. Read A tiny seed, pg. 181.

I think the man who planted the seed might have been really happy!

I have something else that can help things to grow. Show some yeast.

Then show some bread. Set it on a plate then Read Yeast, pgs. 182 –183

God wants to help us to grow more like him with his help, just like the yeast helped the bread to stretch and grow.



- *I wonder what it will feel like to grow more like God.*
- *I wonder what it will look like when I'm growing more like God.*



Read *The Marvelous Mustard Seed* by Amy-Jill Levine, Sandy Eisenberg Sasso, & Margaux Meganck or *A Tiny Seed: a parable* by Katie Warner

At the beginning of the session ask someone to measure a lump of dough with plenty of yeast in it. Put it somewhere warm and at the end of the session measure it again. Bake it to eat



- Make and grow mustard and cress seed heads to take home using yoghurt pots and cotton wool



- Make speedy 30 minute bread rolls with this recipe (or similar) to save time rather than a traditional method: [30 Minute Dinner Rolls - Spend With Pennies](#)
- Role Play indoors or outdoors bakery shop, making and selling cakes and bread
- If you have an outdoor area plant seeds or bulbs with the children
- Use this song to encourage the children to use their whole bodies in movement around the room as they think about God helping them to grow: <https://youtu.be/Oy1RE7LS-Uk>



Encourage everyone to use the growing action done earlier in the session.

When I say 'grow and grow and grow, repeat the action. Lets use it again when I say 'Amen'.

Dear Lord Jesus,

Thank you for your amazing stories.

Help me to grow and grow and grow

More like you every day.

Aaamennnn

(Say slowly and lift your voice as the emphasis is placed on 'Aaa' as if you are literally raising the prayer to the sky.)



- I cannot climb like a chimpanzee
- Bananaman
- [Faith as small as a mustard seed Lyric Video with actions -Doug Horley/ Duggie Dug Dug Official Video - YouTube](#)
- The farmer plants the seeds song (Farmer's in his den tune) <https://youtu.be/cRhGOdqWllo>



Learn the Bible Alphabet song: <https://youtu.be/uJCPtra5Mw>

The Seed Song: <https://youtu.be/Cd2O4utPw6c>