

Resources: Parable of the Mustard Seed

Thank You • Movement Prayer

Our faith begins like a tiny seed, planted in the warm, brown earth.

(crouch down, hugging your knees, head down)

The seed, like our faith, feels the sun's warmth and the gentle spring rain helping growth.

(begin to unfold slowly)

We push through the earth.

(hands upward and out to each side, palms up)

We move side to side in the dancing breezes.

(gently sway back and forth)

Soon we are blooming with flowers.

(shape hands like round buds-let the buds open slowly)

Our flowers are beautiful gifts we offer in praise of God.

(turn face upward • move cupped palms up in an offering motion)

Glory to you, God, now and forever.

Amen