



A Guide for Spiritual Formation

Series Theme: Stories of Jesus
Text for the Week: Luke 8:4-15
Message for the Week: The Parable of the Sower, the Seed, and the Soils

Week Twelve
Sunday, September 04

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Who is the green thumb in your family? Who is notorious for killing plants in your family?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Luke 8:4-15](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

What are you/we doing with the stories and teaching we hear from Jesus?

Has Jesus ever said to you: “Whoever has ears to hear, let them hear”?

How willing are we to listen to and learn from Jesus about his position as King in God’s Kingdom?

If you were to do a self-diagnosis of your heart, what type of soil would your heart be?

What things in your life might be choking out the work of the Spirit? What can you do about these things?

What means or resources have been helpful to you to grow deeper spiritual roots?

If God could get his hands on you, what would God do to increase the yield?

What help do you get from this parable about sharing your faith with others?

How would you explain this parable to children who have never seen a field?

“Try It!”

The disciples asked Jesus what this parable meant. We invite you to do the same. Begin by asking members of your family or a small group of friends. Then, ask God to further explain the meaning of this story for your life.

Prayer:

Spend time in prayer with/for the other people who are with you. Pray this prayer together:

Loving and faithful Father thank you for giving us your Word in Jesus Christ. Thank you for redeeming and reclaiming your world through him and for offering your gift of salvation to all. Thank you for your Holy Spirit, softening stubborn and hardened hearts, freeing entangled hearts and enriching hearts seeking after you. Help each one here to do a heart check, identifying areas that need to be softened by your Spirit so that your Word, Jesus, might find a place to grow. For Jesus’ sake, who died to give us life we pray, AMEN .

Missional/Spiritual Practice for the Month: Cultivating Loving Kindness

During the month of September, you are encouraged to cultivate loving-kindness, well-being, happiness, and peace toward ourselves and others. Speaking words of blessing out loud or inwardly does more than reflect our thoughts— they shape our feelings and behaviors. Each day receive and extend loving kindness. Take a few moments to quiet yourself. When you feel a sense of calm, begin by repeating the following blessing, giving the words time to resonate in your heart and mind: “May I be blessed with loving kindness. May I be blessed with health. May I be blessed with true happiness. May I be blessed with peace.”

When your heart feels full of loving compassion - move from yourself to those around you, family, friends, co-workers, those who have hurt you. Visualize each person as you pray this blessing on them: “May they be blessed with loving kindness. May they be blessed with health. May they be blessed with true happiness. May they be blessed with peace.”