

Get Outside in Lent

WEEK 3 - SOIL AND SEEDS



Genesis 2:9 The Lord God made all kinds of trees grow from the soil, every tree that was pleasing to look at and good for food.

Welcome to “Get Outside in Lent.” Each week there will be six ideas for things to do outside and a celebration suggestion - because even in lent Sunday is a celebration day. Pick and choose what you would like to do. Change it and make it your own if you want to, or just do what it says. More than anything , enjoy being outside, take time to connect with nature, with anyone else you might be sharing this with, and with the something outside yourself that Christians would call God.

1

Plant some cress seeds on a damp tissue. Look at them every day to see how they are growing. (they should be ready to eat in a couple of weeks time.)

2

If you have a garden, take a handful of soil, feel it, and smell it. What words would you use to describe it?

3

Go for a walk and notice all the things that are growing around you, both wild and in people’s gardens.

4

One spoonful of good soil has more living organisms in it than there are people on the Earth. Dig up a spoonful of soil and imagine all those tiny life forms that are in it.

5

Many plants simply drop their seeds around them in the autumn. See if you can still find a seed on the ground. the flower fits onto the stem.

6

If you have a garden, is there something that you could plant now and take care of? Perhaps something that you could eat later.

Soil and Seed Celebration

Use the words of the ritual if you would like to. Have a seed themed feast. Maybe you could put a small bowl of soil on the table as a reminder of the importance of good soil. See if you can find a recipe that involves cooking with seeds. Remember that nuts and pulses are seeds too.

Ritual for soil and seed week.

Gather (or go by yourself) to a place where there is soil visible if possible, or if not possible, then light a candle inside and place a small amount of soil beside it and some seeds if you have any.



Be quiet for a moment or two (as long as works for you or your group) to reflect on the importance of good soil and seeds to our world.

Creator God, thank you for seeds and good soil in which to grow them. Thank you for the food that they provide, as well as beauty and enjoyment.

Silence

Please help people in those places where growing food is difficult because soil and growing conditions are poor, and forgive us for the times when we have forgotten to remember them.

Silence

Help us to value soil and seeds as part of your creation; not just for what they can give us, but simply because you made them and you love them.

Silence - Stand for a moment and let the soil and seeds point you towards God.

