

## Suggested Activities for Messy Church; the Parable of the Sower

1. Cooking
  - a. Making Caraway and lemon Biscuits
  - b. Making breakfast bars
2. Making playdough
3. Planting some seeds in pots and watching them grow; use (sunflower seeds, if you have them)
4. Science idea - learning about flowers craft  
<https://www.dltk-holidays.com/spring/mflower.html>
5. Craft idea - making a sunflower picture using seeds
6. Similar craft with templates and using screwed up pieces of tissues paper  
<https://www.dltk-holidays.com/spring/msunflower.html>
7. Colouring page, wordsearch, crossword etc  
<https://www.dltk-holidays.com/spring/msunflower.html>
8. Songs used in Messy Church
9. Parable of the Sower narrative

## 1a Caraway biscuits

### Ingredients:

220g plain flour

1/2 teaspoon lemon zest

100g caster sugar

½ teaspoon baking powder

100g margarine

1 egg

1 tablespoon milk

1 tablespoon caraway seeds

### Method:

In a large bowl combine the flour, sugar and baking powder. Mix in the margarine until the mixture resembles breadcrumbs.

In another bowl beat the egg, milk, seeds and lemon zest until well blended. Add to the dry ingredients to make dough.

Roll out the dough 5mm thick and cut into rounds.

Bake for 7 to 10 minutes in oven 190C .

Enjoy!

## 1b Breakfast bars from bbc good food recipes

<https://www.bbcgoodfood.com/recipes/breakfast-bar>

### Ingredients

50g mixed dried fruit (a mixture of raisins, sultanas and apricots is nice)

50g mixed seed

140g oats

25g multi-grain hoop cereal

100g butter

100g light muscovado sugar

100g golden syrup

### Method

Grease and line a 20cm square cake tin with baking parchment.

Put the dried fruit in a mixing bowl. Add the seeds, oats and cereal, and mix well.

Put the butter, sugar and golden syrup in the saucepan. Cook gently on the hob, stirring with the spatula, until the butter and sugar are melted.

Remove from the heat and pour the dry ingredients into the saucepan. Mix well until all the ingredients are coated with the syrup mix.

Fill the baking tin with the mixture. Use the spatula to press the mix down evenly. Bake at 160C/140C fan/gas 3 for 20 mins, then leave to cool completely before cutting into squares or fingers. *Store in an airtight tin for up to 3 days - if they last that long!*

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## 2 Easy playdough

You will need:

1 cup of water

1 tablespoon of cooking oil

2 teaspoons of cream of tartar

Half a cup of salt

Food colouring (optional)

Place all the ingredients in a saucepan at a low heat.

Stir continuously until the mixture thickens to a firm dough texture.

Kept in a plastic bag in the fridge this playdough will keep for weeks.

## 5 Seed Picture

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Take a piece of A4 card and fold in half

Draw a sunflower on a piece of card.

Colour in the petals and the leaves,

Add soil, rain and sun to your picture

Glue some sunflower seeds or similar in the centre of the sunflower using pva glue

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## 8 Songs used in Messy Church Service

Halle, halle, halle

Halle, halle, halle.....lujah

Halle, halle, halle.....lujah

Halle, halle, halle.....lujah

Hallelujah, hallelujah.

Words: Traditional Caribbean

Music (Halle): Caribbean arranged by John Bell (b.1949) and Graham Maule (b. 1958) ©Wild Goose Resource Group, Iona Community, Scotland GIA

<https://www.youtube.com/watch?v=Ds8hSP4I-SE>

### **GREAT BIG GOD**

*Our God is a great big God*

*Our God is a great big God*

*Our God is a great big God*

*And he holds us in his hands*

He is higher than a skyscraper

And is deeper than a submarine

He is wider than the universe

And beyond my wildest dreams

And he's known me and he's loved me

Since before the world began

How wonderful to be a part of

God's amazing plan

*Nigel and Jo Hemming*

©2001 Vineyard

<https://www.youtube.com/watch?v=rwrbJwGuB00>

### **It's an adventure**

It's an adventure following Jesus

It's an adventure learning of him

It's an adventure living for Jesus

It's an adventure following him

Let's go where he leads us

Turn away from wrong

For we know we can trust him

To help us as we go along

© 1990 Song Solutions Daybreak

Writer: Captain Alan Price

<https://www.youtube.com/watch?v=jLP-y6vETWc>

### **May my life be a thank you**

May my life be a thank you

for what you have done

Praising you for your kindness

in sending your Son

Being filled with your Spirit

the Comforting One

May my life be a thank you to you

May my life be a thank you to you

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[www.songsolutions.org](http://www.songsolutions.org)

<https://www.youtube.com/watch?v=TQLhGWyBCbU>

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### **Bible Story images**

<http://www.freebibleimages.org/illustrations/parable-sower-preschool/>

## 9 The parable of the sower- from St Mark's Gospel Chapter 4

People pushed and elbowed to get close to Jesus as he taught them on the beach at Lake Galilee. So Jesus climbed into a boat and the disciples pushed it a little way out, where everyone could see him.

'Listen!' Jesus began, and his voice carried over the still water.

'A farmer set out to sow his grain. He walked across his field, scattering grain as he went.

'Some fell on the hard footpath. The birds swooped down and pecked it all up.

'Some fell on thin soil, which covered a shelf of hard rock. The seed sprang up quickly there but because it could not put down deep roots, it soon withered and died in the hot sun.

'Some seed fell among the thorns at the border of the field. As it grew it was choked by the tough thorns.

'But some of the farmer's seed fell on rich fertile soil. He had a good harvest from that seed.

When the disciples complained they didn't know what the story meant, Jesus explained it.

'The seed stands for God's message and the farmer stands for the person who spreads God's message.

'Some people are like the hard, worn path. They won't accept God's word and they soon forget the message.

'Others are like the rocky soil. At first they are delighted to receive God's word, but when it is hard to follow it, they give up.

'The seed sown among thorns is like people whose lives are so full of their own worries and wants. God's word is quickly choked and smothered by their own affairs.

'But some people have hearts and minds ready to receive and obey what God has to tell them. They are like the good soil. They go on showing by their lives that they have listened to God and are obeying him. That is what God calls a good harvest!