

# BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

## The Parable of the Sower

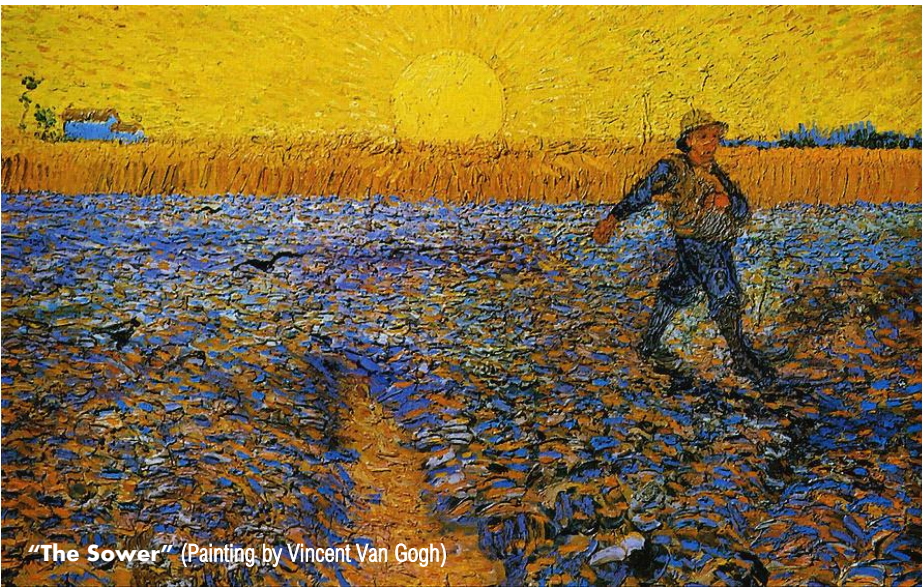
*(a story from the Gospels)*

There was once someone who did such amazing things and said such wonderful things that people followed him. As they followed him, they heard him speaking about a kingdom. The kingdom was not like the one they lived in. It was not like one that anyone had ever visited. It was not like any kingdom anyone had even heard about. So they had to ask him, "What is the kingdom of heaven like?"

One day when they asked him that, he said, "The kingdom of heaven is like when a shower, someone who scatters seeds, goes out and scatters seeds along the path."

"As the sower sowed seeds along the path, the birds of the air came and ate the seeds."

"The sower also sowed seeds among the stones. When the seeds tried to put their little roots down among the stones they could not push their way into the ground. When the sun came out it scorched the seeds and they died."



"The Sower" (Painting by Vincent Van Gogh)

"The sower also sowed seeds among the thorns. When the seeds tried to push their little roots down among the thorns, they could push them part way in, but the thorns choked them, and they died."

"The sower also sowed seeds in the good earth. When the seeds pushed their little roots down into the good earth, they could go all the way in."

"They grew and grew. When they were all grown up, they were ripe for the harvest. Then they were cut off and gathered up. The harvest was thirty, sixty and one hundred bushels."

## REFLECTION

Reflect on the wondering questions below with a friend or colleague by taking turns in answering each question. Make sure to do active listening with each other (echo back what you heard).

### WONDERING QUESTIONS with a conversation partner:

- Who could the sower really be?
- What could the different types of ground surface really be?
- What could the harvest really be?
- Which part of the story is about you? Where are you in this story?
- Notice moments in your life journey when the things you wanted to grow: (1) were taken away, (2) scorched, (3) choked, (4) thrived and flourished.

Remember, keep on sharing your stories. Keep on listening to each other's stories.

# WHICH PART(S) OF THE STORY IS ABOUT YOU?

## STOLEN SEEDS

In what ways in your life have your seeds been taken away from you?



## ROCKY GROUND & HOT SUN

In what ways have your seeds landed on rocks, and burned up by the hot sun?



## THORNS

In what ways have your seeds landed amidst thorns?



## FERTILE GROUND

In what ways have your seeds landed in fertile ground?

