

Livingston Old Parish

Activities for Sunday 12th July

Prayer Activity

Walk around your house, garden or outside looking for plants that have been grown and placed there for your pleasure. Perhaps there is a plant that is looking rather withered, forgotten about and not watered for a while. Perhaps there are some flowers, lovingly and kindly placed on display. Take some time to admire them close up, observe the less beautiful plants too. Look at the stems, the leaves, the petals, the stamen. Look at the water, the soil, the withered leaves. Perhaps smell them or gently touch them. Hold these experiences in your mind as you thank God for all we have.

Watch Matthew 13:1-9,18-23

https://www.youtube.com/watch?v=IzEO_Ls2ERs&pbjreload=101

[Sing https://www.youtube.com/watch?v=FT_oDqOEGpc&pbjreload=101](https://www.youtube.com/watch?v=FT_oDqOEGpc&pbjreload=101)

Sowing Post-Its Of Love

You will need: Post-It notes or squares of paper, pens.

Write encouraging words of love on post-it notes and decorate them. They might say things like, you are beautiful or God Loves you. Secretly hide the notes for friends or family to find.

God calls us to share the love that Christ sows.

Adapted from Spill the Beans