

Come Follow Me

FAMILY STUDY PLAN

NEW TESTAMENT 2019

BEAN SEED ACTIVITY

Help your kids understand the importance of growing our testimonies by discussing the scriptures and growing bean seeds. Beans grow quickly, so it's exciting to check their progress each day. There are a few seed parables that could accompany this activity:

Sower Parable (Matthew 13:3-23):

What helps the bean seed grow?

What helps us have "good ground" to grow our testimonies?

Mustard Seed Parable (Matthew 13:31-32):

How is a growing seed like the Church of Jesus Christ of Latter-day Saints? How can we share the gospel with others?

HOW TO GROW A BEAN IN A PLASTIC BAG

Materials: dry bean, paper towel, plastic bag

1. Place a damp paper towel (make sure it's not dripping wet) inside a plastic bag
2. Place the dry bean between the paper towel and plastic bag and zip the bag closed
3. Place the bag somewhere near sunlight (taping the bag to a window that gets lots of sunlight is one idea)
4. Watch as the bean starts to sprout after a couple of days

*When the bean plant reaches the top of the bag, consider moving it to a jar or pot

HOW TO GROW A BEAN IN A JAR

Materials: dry bean, clear jar, paper towel, spray bottle

1. Place a damp paper towel (make sure it's not dripping wet) up against the side of the clear jar
2. Place the dry bean between the paper towel and the side of the jar (if you want to place multiple beans in one jar, make sure they are at least one inch apart)
3. Place the jar on a windowsill or somewhere near sunlight
4. Spray the inside of the jar every few days if the paper towel dries out
5. Watch as the beans start to sprout after a couple of days and continue to grow