

26 July 2026

The Kingdom of Heaven

In today's gospel reading Jesus tells four different parables about the kingdom of heaven. The first parable is about planting a tiny seed that grows into a large plant. Jesus said that the seed was a mustard seed. Mustard seeds are often grown with cress seeds and the sprouts are used in salads and sandwiches.



Your Task:

Sprout some seeds

What you will need:

Mustard or cress seeds, kitchen paper, permanent marker pen, water and a shallow container.

The Activity:



1. Draw a shape on the kitchen paper with the permanent marker pen.



2. Put the paper in the shallow container and add enough water to make the paper damp



3. Sprinkle the seeds inside the shape - I put in far more than necessary, it would probably have worked better with fewer seeds.



4. Keep the paper damp and watch your seeds grow - mine took five days to grow this much.