

Weekly Reflections

Nurture your faith, one seed at a time.

Each week, pause to reflect, plant God's Word in your heart, and take one small step toward lasting spiritual fruit. Let this space guide you from hearing to growing—and from seed to fruit.

Week 1: Good Soil

Reflection Prompt

Scripture: *Matthew 13:3-9* – “A farmer went out to sow his seed...”

Reflect on It!

- What kind of “soil” is your heart today? Is it open, distracted, shallow, or ready to receive?
- What’s one small step you can take to prepare your heart for God’s Word this week?

Verse to Plant

Verse to Memorise: *Matthew 13:23 ESV*

“But the seed falling on good soil refers to someone who hears the word and understands it.”

Action Step:

This week, journal one way God’s Word has taken root in your life—and tell one person about it.

Scripture Snap Journaling

Verse: *Matthew 13:8* – “Still other seed fell on good soil, where it produced a crop...”

One Question:

- What area of your life is ready for God to grow something new?

One Action:

- Write down a specific area (e.g., relationships, prayer life, service) and pray for fruit to grow there.

“Plant the seed in faith, tend the soil with truth, bear the fruit of love, and stay grounded in Christ—this is the rhythm of real change.”- [aSeedaChange](#)