




Everything alive in this world comes from a seed.  
The Bible tells us that words have life  
and that God's Word is living and active.  
So when we speak, we are sowing seeds in our lives.  
What sort of seeds are you sowing  
when you speak  
and what will you reap  
when those words bear fruit?



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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**WHICH  
SEEDS  
ARE YOU  
SOWING?**

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‘Which Seeds Are You Sowing?’

by

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seeds, but seeds of fear and negativity. In Matthew 7:16 Jesus says – ‘By their fruits you will know them.’

## Get Sowing

Life works by seeds. This is the way God has designed it and established it. We are continually sowing word seeds in our hearts. Let’s choose to sow good ones so we can have good fruit. There is no better seed to sow than the incorruptible seed of God’s Word. Sow it in your heart, protect it and nurture it and then reap its harvest, seeing the fulfilment of God’s promises and all Jesus has done and won for you. It’s a good life, the best life, for you to enjoy and share with others.

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## Being Born-Again

When you accept Jesus as your Lord and Saviour you become born-again. God becomes your Father and you His child, and you can start to enjoy your personal relationship with Him.

Romans 10:9 says – ‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’ Say this prayer out loud and believe it in your heart – “Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour.”

You are now born-again and Jesus has come to live in you. All your sins are forgiven, past, present and future, and you have a new perfect spirit. And after this life is over, you’ll live in love, peace and joy with your Father God for ever.

## WHICH SEEDS ARE YOU SOWING?

Everything alive in this world comes from a seed – every plant, fish, bird, animal and person. This is the system that God set in place at creation. He created the original of every species with the ability to reproduce and every living thing since then is the result of a seed being planted, each ‘after its kind’. He’s never created another plant, bird, fish, animal or person since.

## Creation

On the third day of creation Genesis 1:11 tells us that – ‘God said, “Let the earth yield grass, herbs yielding seeds, and fruit trees bearing fruit after their kind, with their seeds in it, on the earth;” and it was so.’ On the fifth day He created fish and birds after their kind, saying to them in Genesis 1:20-22 – “Be fruitful, and multiply, and fill the waters in the seas, and let birds multiply on the earth.” On the sixth day He created the animals after their kind. And then He created people in Genesis 1:27-28 – ‘God created man in his own image. In God’s image he created him; male and female he created them. <sup>28</sup>God blessed them. God said to them, “Be fruitful, multiply.”’

God created seed as the way for all living things to reproduce, including people. He then gave the authority to do so to us. God created the process of a human seed or sperm fertilising an egg and a baby being conceived as a result, but people have to put His plan into action. He told Adam and Eve in Genesis 1:28 – “Be fruitful, multiply.” He didn’t say that He would make babies – He told them to. And that’s why babies can be conceived through both good and bad relationships – ones that please God and also ones that grieve Him.

God doesn't cause rape – a man does and God grieves over the suffering that is caused by it. But if a baby is conceived, God knows that baby and loves it and it develops according to His design. He also gives it a good plan for its life which it can choose to follow or not. Psalm 139:13 says – *'For you formed my inmost being. You knit me together in my mother's womb.'* God didn't bring about every individual situation where a baby is conceived, but when it happens, His plan of formation is set in process and that baby develops in the womb according to God's design.

### *Words are Seeds*

God made words to carry life. Proverbs 18:21 says – *'Death and life are in the power of the tongue; those who love it will eat its fruit.'* Words we say about ourselves and words spoken by others are seeds and they are powerful. We've all experienced this. They can build us up or knock us down. They can give us joy or depress us. They can help us or hurt us. They bear fruit in our lives for good or for bad.

For instance, if you sow seeds of fear either by what you say, or by believing and accepting what others say, then fear will multiply in your heart and you will see its outworking in your life. But if you sow words of blessing over your life, such as health, success, provision, or you believe and accept positive words others speak to you, then blessings will multiply in your heart and you will have the fruit of blessings in your life. When you believe what you say, especially when you say it repeatedly, or accept what others say, you are planting seeds in your heart and eventually your life will reflect what's in your heart. Proverbs 4:23 (NIV) says – *'Above all else, guard your heart, for everything you do flows from it.'*

the root. Just cutting them off isn't going to do the job, because they'll grow again. We need to get them out of our hearts.

When someone else speaks negative words against you or you realise you've spoken them yourself, condemn those weed seeds. Isaiah 54:17 says – *'you will condemn every tongue that rises against you in judgement.'* Please hear what I'm saying – don't condemn the person, condemn the words. If you can say in front of the person that you're not accepting what they've said, do so. If not, do it as soon as you can, but do it out loud and speak the truth of God in its place. Remember, the sooner you pull the weeds up by the root, the easier it is to do.

Then focus on God's truth. Discover it in His Word and meditate on it. Speak it out loud to write it on your heart. It takes discipline, but it's so worth it.

### *We Reap What We Sow*

When a spoken word is planted in our heart it will grow and produce fruit. Good words will produce good fruit and bad words will produce bad fruit. Galatians 6:7 says – *'... whatever a man sows, that he will also reap.'* Decide to sow God's truth in your heart. The more you do, the greater your harvest of good fruit will be. 2 Corinthians 9:6 says – *'Remember this: he who sows sparingly will also reap sparingly. He who sows bountifully will also reap bountifully.'*

We can tell what someone has sown in their garden by what has grown. If I come to your garden in the summer I can see what you sowed in the spring. If you tell me you planted beans, but your garden is full of broccoli, then I know you are lying. If someone says they are expecting good things, but spend their time worrying, then we know they haven't sown good positive

## *Sowing in Times of Trouble*

We need to remember God's seed principle whatever is happening in our lives. It doesn't only apply in good times, but in bad times as well. For instance, if we are grieving, but ignore God's Word, it won't produce a crop. But if we sow God's Word of restoration, strength and peace, it will grow and bear fruit. Psalm 126:5 says – *'Those who sow in tears will reap in joy.'*

## *Weed Seeds*

We are all well aware of weeds. If you have a garden, you will no doubt have to weed it regularly. If you don't, the weeds will take over. We've all allowed negative words, or weed seeds, to be planted in our hearts at times. So what can we do about them? Well, what do you do when you see weeds growing in your garden? Some people don't bother about them and gradually, any good plants that were in their garden get choked out by the weeds. It's the same with weed seeds. If we sow negativity in our hearts or allow others to do so, then those weeds will grow and will eventually choke out God's Word and it won't bear fruit – we won't benefit from it. In Luke 8:14 Jesus described these people as – *"these are those who have heard (God's Word), and as they go on their way they are choked with cares, riches, and pleasures of life; and they bring no fruit to maturity."*

Other gardeners pull weeds up as soon as they spot them. Then the good plants are able to flourish and bear fruit. It's the same with the seed of God's Word, but how do we pull the weeds out? 2 Corinthians 10:5 says – *'throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ.'* Like a good gardener, we have to pull the weeds out by

## *God's Word is a Seed*

Hebrews 4:12 says – *'For the word of God is living and active.'* So Jesus often compares God's Word to a seed. For instance, in the Parable of the Sower in Luke 8:11 He says – *"The seed is the word of God."* And 1 Peter 1:23 says – *'having been born again, not of corruptible seed, but of incorruptible, through the word of God, which lives and remains forever.'* God wants to plant the seed of His Word in us to save us, but this doesn't happen automatically. We have to receive it. James 1:21 says – *'... receive with humility the implanted word, which is able to save your souls.'* (To read more about being born-again, go to the end of this booklet) God's seed principle applies to every Word of His that we read and hear. We have to plant the seed of His Word in our hearts and protect and nurture it for it to bear fruit and benefit us.

## *Seeds are for planting*

Seeds are either for eating or for planting. They are not for ignoring. If we ignore them, they won't perish but they won't grow and produce fruit and multiply. If we buy a packet of seeds of cabbages but don't plant them, we won't have any cabbages. In the same way, if we have a Bible but don't read it and plant it in our hearts then we won't see any fruit from it. We won't see the truth of God's Word become reality in our lives.

Imagine a pumpkin. After you've cooked it and eaten it, what do you do with the seeds? You can ignore them and throw them away and you haven't gained anything from them. Or you can eat them and you've benefited from them that one time. Or you can plant them and produce more pumpkins which you can keep eating or you can carry on planting the seeds infinitely so you have many pumpkins to share with others.

God's Word works in exactly the same way. You can ignore it and you haven't gained anything from it. Or you can read it superficially and you've maybe benefited from it that one time. Or you can plant it in your heart where it will benefit you going forward and help you to understand more of God's Word and experience more of His relationship with you. Or you can keep planting it infinitely so you have an increasing amount of understanding and revelation which you can share with others.

### *There is Time between Sowing and Reaping*

We live in a world where people want everything now. They don't want to wait. But farmers know full well that they have to wait for the seeds they've sown to grow and produce a harvest. In Mark 4:26-29 Jesus again compares God's Word with a seed – *“God's Kingdom is as if a man should cast seed on the earth,<sup>27</sup> and should sleep and rise night and day, and the seed should spring up and grow, though he doesn't know how.<sup>28</sup> For the earth bears fruit by itself: first the blade, then the ear, then the full grain in the ear.<sup>29</sup> But when the fruit is ripe, immediately he puts in the sickle, because the harvest has come.”*

In verse 26, God's Word is the seed and our heart is the earth. In verse 29, the seed of God's Word produces a crop and we benefit from it. But in between are verses 27 and 28. This is the time between sowing God's Word in our heart and getting a crop. Jesus says that the farmer doesn't understand how the seed works, he just knows it does. And during this time, he does what he needs to do to protect it and nurture it. It's the same with God's Word. We don't understand how it works in our hearts but we need to believe it does. It grows gradually as we water it and protect it from doubt – ‘first the blade, then the ear, then the full grain in the ear’ and then its benefits are ready to be harvested.

When we read God's Word and write it on our hearts, we're sowing seeds of His truth. Some will grow quickly and the understanding and application will come quickly. But often, it takes time of further reading and meditating, before we get the full revelation. Be patient and don't allow doubts in. That's like the farmer digging seeds up, to see if they are sprouting or not. Do that enough and the plant will die before it's developed. Trust in the Word and expect a crop. It will come if you look after it.

### *Sowing Seeds in Our Hearts*

So how do we sow seeds in our hearts? Proverbs 3:3 tells us to – *‘Write them (God's Words) on the tablet of your heart.’* And Psalms 45:1 (NIV) tells us how to do it – *‘My tongue is the pen of a skilful writer.’* When you read the Bible, don't just surface skim. Read it expecting it to speak to you. When it does, read it out loud. Romans 10:17 says – *‘Faith comes by hearing, and hearing by the word of God.’* As you hear it, it will settle in your heart and your faith in it will grow and it will bear fruit.

### *Sowing Seeds in Others*

It is only as we bear fruit from God's Word in our life, that we can effectively sow seeds in others. After his conversion, Paul spent his life telling others about the Gospel of Jesus. He said in 1 Corinthians 3:6 – *‘I planted. Apollos watered. But God gave the increase.’* He had planted the seed in the people of Corinth and then Apollos continued to disciple them. Both Paul and Apollos played their part in sowing and nurturing, and God made the seed bear fruit as people became Christians and began to mature in their faith. You may share God's Word with someone but they don't take hold of it there and then. But you've sown a seed which someone else can then water and bring to fruition.