

## MEDITATION 34

Mark 4: 3-9

Jesus taught them saying: “Listen! A Sower went out to sow. <sup>4</sup> And as he sowed, some seed fell on a path, and the birds came and ate it up. <sup>5</sup> Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. <sup>6</sup> And when the sun rose, it was scorched, and since it had no root it withered away. <sup>7</sup> Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. <sup>8</sup> Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold.” <sup>9</sup> And he said, “If you have ears to hear, then hear!”

What seeds are planted in you?... Are they good seeds?... Have the seeds grown?... What have they produced?...

Have there been seeds that have fallen upon you but you were not in a place to receive them?...

Have there been seeds that were planted in you and you had great excitement and inspiration for a time, but over time that excitement, inspiration and motivation waned, even dried up so that the seeds stopped producing?...

Have there been seeds that were planted in you which grew some rich soil in you, but over time the troubles, stresses and sorrows of life also choked their good fruit in you?...

Finally, have there been seeds that were planted in you that have produced some rich fruit in ways you could never have imagined?...

Sometimes the threats to our inner flourishing are external (the seed that never penetrates us)... Sometimes the threats to our inner flourishing are internal (the seeds that get choked inside us)... And sometimes the threat is that the seeds are not sufficiently deeply rooted in us to survive the storms and stresses of life...

Sometimes the seeds may go dormant for a while... Sometimes we may feel that the seeds have died... But over time, and with inspiration, support and watering, the seeds reappear and become even stronger and more resilient...

Jesus is telling this parable to the people and applying it in all kinds of ways... Are each of the seeds individual people and how they respond to the good news?... Are each of the seeds helping us identify moments and times in our individual lives?... Are each of the seeds helping us recognize possibilities in us so that we are not alarmed or overwhelmed by what happens to us and in us in times of crisis?...

PRAYER: Come, Holy Spirit, Come...

Help the seed in me grow...

Help it grow deep roots...

Help it stand firm in the face of life's storms...

Help it produce fruit in ways I have yet to imagine...

Help me be receptive to the seed when it challenges me to love past my frustration, resentment and anger...

Help me be receptive to the seed when it challenges me to love despite my sorrow and sadness...

Help me be receptive to the seed when the challenge to love may disturb my peace and my comfort...

Come, Holy Spirit, Come... Make me open and receptive, trusting what your seed will produce in me...

Amen.