

# cooking through the bible

*An immersive lesson series for children and parents to do together, helping them to explore the teachings of Jesus in a fun and creative way.*



**THE RECIPE:** Makes 4 dirt cups (*double recipe for 8*)

- 1 cup milk
- 1/2 (4 ounce) package of instant chocolate pudding mix
- 1/2 (8 ounce) container whipped topping (thawed)
- 1/2 (16 ounce) package chocolate sandwich cookies, crushed (Oreos work best)

**STEP 1:** Mix milk and pudding mix together in a bowl until well blended and slightly thickened. Let it sit for about 5 minutes.

**STEP 2:** Stir whipped topping and 1/2 of the crushed cookies into pudding.

**STEP 3:** Spoon 1 tablespoon of crushed cookies into each serving cup. Then fill the cup about 3/4 of the way with pudding mixture, and top with remaining cookies (and gummy worms!)

**STEP 4:** Refrigerate for 1 hour, if your littles can stand to wait that long.

## THE STORY:

The Parable of the Sower is about a farmer who scatters seeds, which fall on four different types of ground. There is hard ground, which does not allow the seed to grow. There is stony ground, which allows a tiny sprout to shoot out—but not enough for it to keep on growing. There is thorny ground, which allows the seed to grow, but the thorns eventually make it so that the seed cannot grow out any further. Lastly, there is good ground, where the seed lands and grows into a huge, fruit-producing tree.

## THE LESSON:

This parable is about the different types of hearts. There are people who are unhappy, or hurt, or unkind, and who do not allow for love to grow inside their hearts. The seed cannot grow in that kind of soil. But for those of us who practice love, and who do not allow thorns or stones or other things to make us unkind—the love grows big and it grows strong. For those of us with open hearts, we turn into great big tall trees. And do you know what the roots of our great big tall trees do?

Over time, the big strong roots start breaking up the hard and stony soil, so that the soil gets soft. They interrupt the places where the thorns grow, so that the thorns cannot grow there any longer. The once hard soil is now churned up and it is given food and nutrients by the big tree.

And do you know what happens after that? All those seeds that couldn't grow before inside the bad soil, now they can grow. Because the seed inside the good soil, it had so much love inside of it, that it had enough to share with all the seeds around it. It became strong enough to break up all the bad things, so that the good stuff could grow.

Love is powerful. When we fill our soil with love, it allows us to reach out to others who are hurting and help them fill their soil with love as well.

**REFLECTION:** How can you share your love with the people around you?