

## Why Does What We Choose To Do Matter?

Start by reading or listening to a hymn. Then, begin your Walk and Talk. After a while, stop and listen to another hymn. At the end of your Walk and Talk, share the summary and your testimony.

### We Are Sowing ~ Lyrics

1. We are sowing, daily sowing  
Countless seeds of **good** and **ill**,  
Scattered on the level lowland,  
Cast upon the windy hill;  
Seeds that sink in rich, brown furrows,  
Soft with heaven's gracious rain;  
Seeds that rest upon the surface  
Of the dry, unyielding plain;

2. Seeds that fall amid the stillness  
Of the lonely mountain glen;  
Seeds cast out in crowded places,  
Trodden under foot of men;  
Seeds by idle hearts forgotten,  
Flung at random on the air;  
Seeds by faithful souls remembered,  
Sown in tears and love and prayer;

3. Seeds that lie unchanged, unquicken'd,  
Lifeless on the teeming mold;  
Seeds that live and grow and flourish  
When the sower's hand is cold.  
By a whisper sow we **blessings**;  
By a breath we scatter **strife**.  
In our words and thoughts and actions  
Lie the seeds of **death** and **life**.

4. Thou who knowest all our weakness,  
Leave us not to sow alone!  
Bid thine angels guard the furrows  
Where the precious grain is sown,  
Till the fields are crown'd with glory,  
Filled with mellow, ripened ears,  
Filled with **fruit of life eternal**  
From the seed we sowed in tears.

Text: Anon., Pure Diamonds, Cleveland, 1872  
Music: Henry A. Tuckett, 1852-1918

**Discuss:** Sowing is what we call putting seeds into the ground so they will grow. If we sow beans, beans will grow. If we sow flowers, flowers will grow. If we sow an acorn, an oak tree will grow. Our actions are like sowing seeds. They will also grow and bear fruit.

### Search, Ponder, and Pray ~ Lyrics

1. I love to **read** the holy scriptures,  
And, ev'ry time I do,  
I feel the Spirit start to **grow** within my heart-  
A testimony that they're true.

2. So, prayerfully I'll read the scriptures  
Each day my whole life through.  
I'll come to **understand**.  
I'll **heed** the Lord's command  
And live as he would have me do.

Chorus

Search, ponder, and pray  
Are the things that I must do.  
**The Spirit will guide**, and, deep inside,  
I'll know the scriptures are true.

Words: Jaclyn Thomas Milne, b. 1949. (c) 1986 IRI  
Music: Carol Baker Black, b. 1951. (c) 1986 IRI

**Discuss:** By reading the scriptures and listening to the Spirit of God we can learn what is right.

### **Summary**

So, why does what we choose to do matter?

- Because our actions always have consequences.
- Because our actions plant seeds of good or ill, blessings or strife, death or life.
- Because our choices effect ourselves and others in this life.
- Because the fruit of eternal life can be ours.