



PLANT A SEED MINISTRY

Focus: Nurture and Outreach

TOUCH A HEART, TELL THE WORLD

NURTURE • EMPOWER • OUTREACH



"We have different gifts, according to the grace given us" (Romans 12:6, NIV).



PLANT A SEED MINISTRY

What is it?

There are many ways for us to plant seeds, but the best way is to plant seeds of love in the lives of people we meet. Just find your talent and begin.

For online resources on Plant a Seed Ministry go to www.adventistwomensministries and download *Outreach is for Everyone: Women's Ministries Evangelism Manual*.

Women's Ministries | General Conference of Seventh-day Adventists
12501 Old Columbia Pike, Silver Spring, MD 20904 USA
Ph: 1-301-680-6636 | www.adventistwomensministries.org

How to Begin

- Do you love to read? Visit the elderly in an assisted living care facility and read to them.
- Do you love to cook? Cook for someone you know who is sick or has lost a loved one. Teach neighbors or coworkers to cook healthful food. Bake bread and take it to a homeless shelter or a new neighbor.
- Do you love to craft? Make cards and give them to people whom you meet every day—in the supermarket, pharmacy, restaurant, or airport.
- Are you elderly and unable to go out? Call other shut ins or send cards or letters to young people from your church who are away at school.
- Are you a sympathetic listener? Take time to listen to people who need a place to share their pain and problems.
- Do children like to be with you? Volunteer to tutor children in your church or neighborhood who are having a difficult time in school.

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another” (*John 13:34, 35*).