

IT'S HARD NOT TO

It's Hard Not To...GROW! Fact: You are growing, even if you aren't getting taller or heavier. You are adding new information, experiences, and people to your life everyday. You are growing. The question isn't, 'Are you growing?' It's 'How you are growing?' Spiritual growth isn't something you do instead of all the other kinds possible, it's what you do because of all the other kinds possible. So what is spiritual growth? And why do we think it is so hard, when in truth, it's hard NOT to grow! Thanks for being with us for the first week of stuff that is not hard to do.

WELCOME!

Life, for adults and kids alike, is most fulfilling when it is woven deeply with the strands of your full self, others, and that third strand that is bigger, beyond, around and within us all that you may or may not know as God.

Learn more about Fabric at FabricMpls.com

Miss a week or want to hear the message again?
Check our podcast fabricmpls.podbean.com

WHAT TO EXPECT

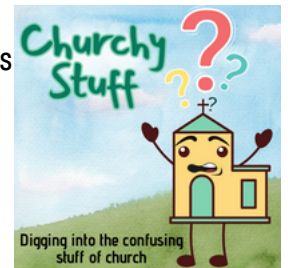
We've got something different for you today!

Music with Chris Tripolino & Band *sort of*
The "Who is More Spiritual?" Game & Welcome
Working together on today's message, with Greg Meyer
Share your ideas, prayers, & gifts with Fabric & a song
The End of the Parable - Good Soil
Homework for kids and adults

Kids - What's Happening Today: WEAVING - What is that big jumble of material hanging from the curtains? Come explore how pausing to notice, name, and share how we grow each of our three strands helps us to live a life that is deeply woven. More at fabricmpls.com/kids-current



Sharkey needs your help! Think about a question you have about communion. Is it snack time or something else? Video yourself (shoot it in landscape please!) asking the question or simply text the question. Both can be sent to...Heidi (763) 957-2813



COMING UP AND MORE!



Next Sunday - It's Hard Not to Connect. If you aren't marooned on a desert island (in which case you aren't reading this) you connect with other things and people constantly. The question is what you do with those connections. More at fabricmpls.com/current



Vaccination Clinic Next Sunday, Oct 29 Medical professionals from Walgreens will be administering flu (ages 3+) and COVID vaccinations from 10am-Noon right here at Field School. Insurance required. No appts needed. This is for your friends and neighbors too. Let them know.



What's Next with Fabric? The Search Team has been hard at work. Visit fabricmpls.com/transition to read the latest update. Please reach out to the team with any questions or comments at NEXT@fabricmpls.com or in person.



Where we are and the story of our land matters. Most of us live in, and we gather in land that was part of the Dakota people for centuries, but from which they were forcibly and dishonorably removed by the US government. It is an honor and a responsibility for us to live on and care for this land today.



When a great crowd gathered and people from town after town came to Jesus, he said in a parable: 'A sower went out to sow his seed; and as he sowed, some fell on the path and was trampled on, and the birds of the air ate it up. Some fell on the rock; and as it grew up, it withered for lack of moisture. Some fell among thorns, and the thorns grew with it and choked it. Some fell into good soil, and when it grew, it produced a hundredfold.' As he said this, he called out, 'Let anyone with ears to hear listen!' Luke 8.4-8

A Couple of Things that Jesus Cleared Up

Your spiritual self and your physical self are not OPPOSITES.

In the parable, who is the sower? GOD What is the seed? GOD'S WORD What is the dirt? US!
Human & Hummus Adam & Adamah Both mean Person & Dirt!

This is not a parable about 4 different KINDS OF PEOPLE. It is a parable about 4 different PARTS OF EVERYONE.

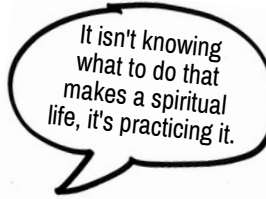
Spiritual growth is a PRODUCT of your physical, intellectual, social, emotional growth, not an ADDITIONAL element.

DEFINITION: Spiritual Growth is the process of aligning your whole self with God's Image within you.

SOIL #1 - The Path - HABITS

The path are those who have heard, but it does not reach their hearts, so it is easily lost and does them no good. v.12

This is less about your habit being good or bad, but whether it is so hardpacked nothing NEW can seep in.



SOIL #2 - Rocky Ground - INTENTIONS

The rocky ground is one who gets excited when hearing the word, but their roots reach no soil. So when challenged they wither. v.13

Growth dries up when my intentions don't MATCH my actions.

SOIL #3 - The Weeds - DISTRACTIONS Life is one long series of interruptions!

As for the weeds, they hear but as they go on their way they are choked by worry, wealth, and fun, and their fruit never matures. v.14

Spirituality that REQUIRES peacefulness isn't very spiritual. Spirituality that CREATES peacefulness is very spiritual.

SOIL #4 - Good Soil - YOU!

As for the good soil, when it hears the word, holds it fast in an honest and good heart, and **bears fruit** with patient endurance. v.15

THE SOWER sows with IRRESPONSIBLE EXTRAVAGANCE. It's hard NOT to grow!

THE DAILY EXAMEN

1. Express Gratitude
2. Replay the Day
3. Ask Forgiveness
4. Tweak it

3 PRIORITIES	3 INTENTIONS	3 ACTIONS
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HOMEWORK - You are a spiritual being. You are spiritual. What messages from your habits, unrealized intentions, and distractions will you stop believing this week that are keeping you from seeing the good soil in you, and realizing what spirituality looks like in your very real life?



ROAM (Read, Observe, Apply, Meditate) through these readings this week.
Luke 8.1-15 (Parable of the Sower) Jeremiah 17.5-8 (where you sink your roots matters) Ephesians 4.11-16

ANOTHER DEFINITION A spiritually strong life is one that has woven itself deeply with the other two strands.

'The seed is the word of God. The ones on the path are those who have heard; then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. Luke 8.12

'The ones on the rock are those who, when they hear the word, receive it with joy. But these have no root; they believe only for a while and in a time of testing fall away. Luke 8.13

'As for what fell among the thorns, these are the ones who hear; but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. Luke 8.14

'But as for that in the good soil, these are the ones who, when they hear the word, hold it fast in an honest and good heart, and bear fruit with patient endurance.' Luke 8.15