

# Tending Your Seeds

2022 Webinar Series

April 7, 2022



**NO ONE STANDS ALONE**  
FOUNDATION



Seeds are teachings we hear, words we read, prophetic words deposited into us and revelation God gives us. How we implement these things into our daily lives is impacted greatly by how healthy our soil is. What am I referring to when I say soil? I am referring to the condition of our hearts and souls. It is important to tend to the soil so our seeds can grow and flourish for every season.

How healthy is your soil right now?

The first step is to prepare the soil to receive the seeds as they come. If we leave the soil hoping the seeds will take we will have little to no success.

To Prepare our soil we need to ensure we have right thoughts, attitudes and actions.



# THOUGHTS

## Philippians 4:8

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.



What happens when you are overwhelmed with negative thoughts?

Do you let them in? Do they hang out for awhile? Do they get comfy? Do they move in completely, like an unwanted house guest? Do you believe them? Do you internalize them? Do you try to ignore them? Do you deal with them? Do you combat them?

# THOUGHTS

## Philippians 4:8

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.



To combat them we need to focus on the things mentioned in this verse. By focusing on these things we can dismantle negative thought patterns in our lives.

- Truth dismantles lies and deception
- Honour dismantles attacks on our self-worth and identity
- Right thinking dismantles wrong thought patterns that lead to destructive paths like harmful coping mechanisms and addictions
- Pure thoughts dismantle temptation
- Lovely thoughts dismantle harsh words.
- Admirable thoughts dismantle shame.
- Excellent and praiseworthy thoughts dismantle anything not of God.

Have you personally experienced positive thoughts dismantling negative ones? Was it over time or instant?

How do you focus on these things in the moment when the negative thoughts are overwhelming?

1. Prepare ahead of time.

-If you know you struggle with self worth, write out true and honourable things on index cards you can take with you. Then no matter where you are or what you are doing you have them with you.

-You can also record those positive messages verbally onto your phone and when you are struggling listen to them.

2. We can ask God directly.

-If you are at work or around other people, take a few minutes away from the bustle, and ask to speak truth and affirmation to you in the moment.

- If you are alone, ensure you are somewhere you can focus and then ask God to speak truth and affirmation to you.

How can you prepare ahead of time so you won't be caught off guard the next time negative thoughts overwhelm you?

Focusing our thoughts is a great way to be ready to receive the seeds that come into our lives and not be driven out by negative thoughts competing for our attention.





# Attitudes

## Philippians 4:4,6–7

Always be full of joy in the Lord. I say it again—rejoice! Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Attitudes are adjusted through prayer and surrendering to God.

Be full of joy and rejoice

- in times of trial, pain, grief, loss and trauma joy becomes elusive and we struggle to find it again.
- Joy can only be found in the Lord
- This means God has to be an active participant in our lives, including our difficult circumstances, to find joy again.
- Choosing to bring these things to God first, we can give Him our pain and grief and allow Him to exchange it with his joy.

Do not worry about anything

- To combat worry we need to pray about everything
- When we pray about everything, we know God is in control of everything in our lives and we recognize we have nothing to worry about

Be grateful for God's provision

- Having gratitude brings contentment and peace into our lives

These attitudes can guard our hearts as well as our minds which reduces the negative thoughts in our lives.

When you hear the words pray about everything, what does that mean to you?

How do you think being thankful can bring peace into your life?

What are you grateful for right now? Take a few minutes and thank God personally for them.

# Actions

## Philippians 4:5,9

Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.



- God is in everything we do when we follow His example and instruction.
- By demonstrating God's love to others through our actions we are showing them the heart of God.
- Our actions impact each person we come into contact with and are driven by our thoughts and attitudes.

How have your actions been impacted by either negative thoughts or attitudes?

# Till Your Soil

Tilling soil helps to break up the dry crust on the surface of the soil, allowing air, nutrients, and water to get deeper into the ground where the plant roots can access them. Makes it easier for new seeds to sprout through the surface of the soil.

Tilling in our lives comes when we face difficult times or times of crisis. This is an important process, though it stirs things up and makes us feel like our world is upside down. It helps us to grow quicker and more effectively.



These difficult times build up up so we can endure the things to come. It is uncomfortable and at times even painful, but the result is worth it.

James 1:2-4 2 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.

Romans 5:3-5 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

# Till Your Soil

We gain endurance and character by persevering through these circumstances. Much of this growth happens inside of us, the results are what others see, and the work has been accomplished behind the scenes.

What circumstances are you facing that are troubling you right now?

As you have gone through difficult times in the past have you seen growth in your character and your endurance?

Has it been easier the next time you have faced a similar situation to one you have made it through in the past? If so what tools or strategies did you learn that you can maintain for the future?

# God gives us the tools

We do not have to face these difficult times without being equipped.

The Bible tells us to put on the full armour of God.

Ephesians 6:10-18

1. Be strong in God's power not our own.
2. Put all of the armour on, every piece is needed to resist the enemy.
3. Once the armour is on do not take it off.
4. Remember this battle is unseen but affects our lives in great ways.
5. Stand your ground.
6. Every piece of the armour rests in truth, therefore truth must be the foundation.
7. The vital parts of our lives are protected by living the way God has called us to, with right thoughts, attitudes and actions.
8. Peace protects us as we stand firm, grounded in the Good News that Jesus loves us and gave his life for our freedom and relationship.
9. Have trust and faith in God. If we are unwavering the things the enemy tries to do will fail.
10. Protect what you see and hear. Ensure the things you allow into your mind are good. As a result, our thoughts and words will match.
11. Read the Bible regularly, memorize it and get it into your heart. Jesus himself was tempted by the enemy and He used Scripture to resist him.
12. Be in constant communication with God. This helps you to stay alert and recognize when something is off.



These tools help us to be ready for those times of trial so we are best equipped for the seeds to grow.

Which of these tools do you need more practice with? Focus on strengthening it so there are no weaknesses in your armour.

# Water the Seeds

Seeds require water to sprout and grow. In order to grow we too need water.

Psalm 23:2 He lets me rest in green meadows; he leads me beside peaceful streams.

John 4:14 But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life."



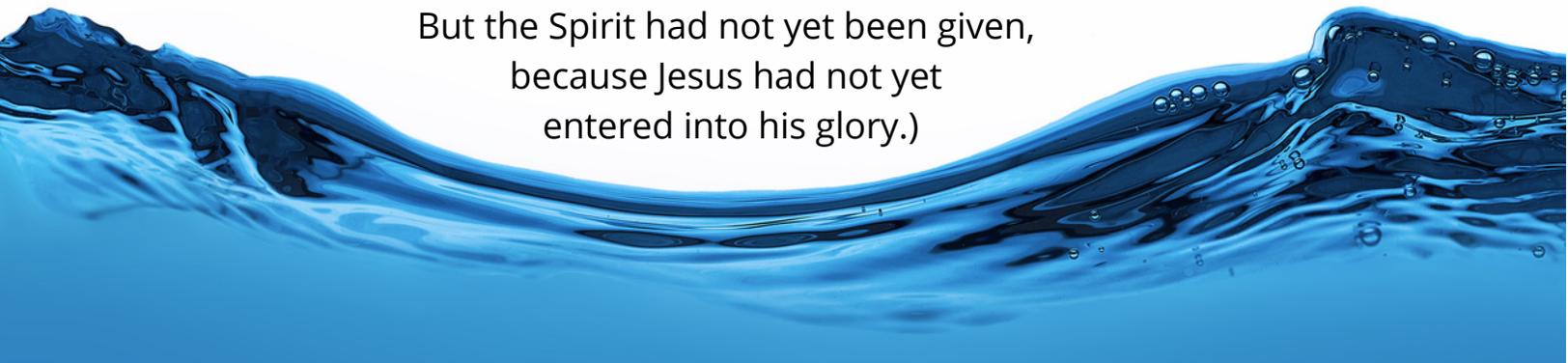
## What is water?

Water is the Holy Spirit's movement in our lives.  
The Holy Spirit is God in us. It brings cleansing and quenches thirst.

John 7:38-39 Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'

(When he said "living water," he was speaking of the Spirit, who would be given to everyone believing in him.)

But the Spirit had not yet been given,  
because Jesus had not yet  
entered into his glory.)



# How do we water?

- Prayer and intercession
  - deep conversation with God, beyond requests
  - crying out to God
- Worship
  - Soaking times when you allow God's presence to surround you
  - Worship without distraction
- Reading The Bible
  - Allowing God to speak to you as you read, letting his words come to life.
- Encountering God
  - revelation, dreams and visions
  - prophecy

How effective have you been at ensuring you have enough of the Holy Spirit flowing through your life?

Is there one area you would like to grow more in?

# Oxygen-rich Environment



All plants require oxygen to grow, and the breath of God brings life to us.

Galatians 5:22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. There is no law against these things!

## Providing an Oxygen-rich Atmosphere

- We all want our lives to be filled with love, peace, joy and the rest of the fruit, but how do we get it?
- We are in a constant battle with ourselves.
- The sinful nature results in sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties and the like. (Galatians 5:19-21)
- These things all have one thing in common, me first. The desires the Holy Spirit give us are in direct opposition to these things, God first.

What is your best way of resisting the temptations of the sinful nature?

How can you use that tool the next time you temptation?

# Stay in the Light

Plants need light to grow and so do we.

Psalm 119:105

Your word is a lamp to guide my feet  
and a light for my path.

John 8:18

Jesus spoke to the people once more and  
said, "I am the light of the world.  
If you follow me, you won't have to walk in  
darkness, because you will have the light  
that leads to life."



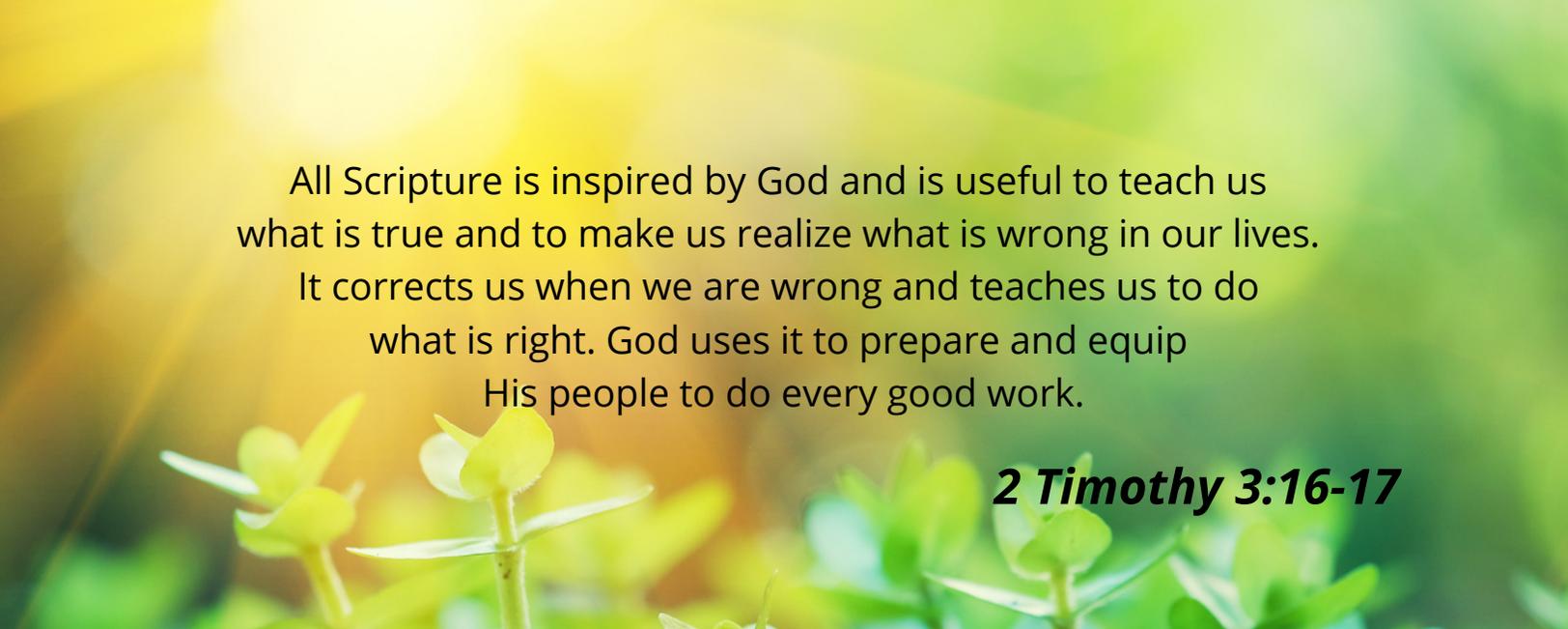
## How do we stay in the light?

- **Keep our focus on God.** Distractions draw our attention away from the light.
  - How do we stay focused on God in the midst of everyday routines?
    - **Recognizing God in the moment.** God is with us in every moment of our lives yet we do not always acknowledge it.
    - **God is with us even in our mundane tasks.** Cleaning, cooking, driving, working, the list goes on. We have many tasks we face each day. Knowing God is there and being present with Him are very different things.
    - **Choose music and media that draw your attention back to God.** When you feel negative thoughts creep in, or you feel anxious you can go to the music and media you chose to refocus yourself on God.

# How do we stay in the light?

- **Running to God first in times of crisis.**
  - We all face times of sorrow, grief trauma and pain, where do we go first?
    - **Do we focus on the problem trying to fix it?** Most problems require God's intervention or direction. Going to Him first will help us be more effective.
    - **Do we reach out to another person for help?** This can be a good way of dealing with it, however, we should go to God first. There are times we will still need to reach out to other people, but our perspective may be different after bringing it to God first.
    - **Do we ignore it, bury it or hide it?** None of these are helpful solutions, since we still need to deal with it later and it has had time to simmer and brew. In the moment these can be our go to, especially when we are at work or around other people. Instead of this, giving it to God until you can fully examine and deal with it is a better way of handling it.
- **God's Word - The Bible**
  - **Reading God's Word**
    - Daily devotions, taking time to read it daily will help verses come to memory as you need them.
    - Memorize verses that focus on something you struggle with.
    - Journaling thoughts and revelations you get from what you have read. This allows you to go back and keep these lessons fresh in your heart and mind.
    - Bible Studies, these can help you focus on either a topic, or a portion of Scripture and go deeper than you may on your own.
  - **Allowing God's Word to come alive**
    - Pray before devotions, asking God to speak to you personally through what you are reading
    - As God reveals things to you write them down, speak them out if you need to

There are many ways to stay in the light, which one stands out to you the most and why?



All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip His people to do every good work.

***2 Timothy 3:16-17***

# Activation

## THE WORD COMING ALIVE

Step 1: Take a moment and ask God to speak personally to you about the verse we are about to read.

Step 2: Read the verse.

Step 3: Write down anything God tells you or any thoughts that come to mind.

Step 4: Thank God for speaking to you through His Word.

To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for his own glory.

**Isaiah 61:3**

# 3 Keys to Remember

## 01 PREPARE THE SOIL

When you notice that your thoughts, attitudes or actions are not right, take time with God to change them, either through prayer, reading God's Word, spending time in worship or resting in His presence.

## 02 TILL THE SOIL

When you find yourself facing difficult times, remember God is your strength and can bring you through it intact. Remember the tools God has given you and be confident in them.

## 03 PROVIDE WATER, OXYGEN AND LIGHT

Remain connected with God through it all. The Holy Spirit in us can help lead and guide us, cleanse us and bring renewed life.

When we long for life  
without difficulties,  
remind us that oaks  
grow strong in  
contrary winds and  
diamonds are made  
under pressure.

**Peter Marshall**

## Our Mission and Vision

Our mission is to offer support, resources and opportunities for healing to those struggling with mental health issues. We achieve this through group mentoring session, one on one sessions and offering online courses that can be done at one's own pace to find freedom.

We desire to change the stigma and effects that these issues present in families. We find that these are generally passed on to other generations and we want to break that cycle. Where those we work with can find freedom and to pass that on to their future generations.



## Our Story

Often times in our most vulnerable and critical times we find that we journey alone. It is often because we are afraid to open ourselves up to others to let them know that we are struggling. Other times it is because we have a hard time finding others who can relate or help in our great time of need.

No matter what you are going through you are not alone. Our foundation is in the knowledge of God's care and participation in our lives. We want to make ourselves available to those seeking our support so that you do not need to journey alone anymore.

## Contact Information

**For Support, Mentorship and  
Resources**

**MAILING ADDRESS**

PO Box 149 Langdon, AB T0J1X0

**EMAIL ADDRESS**

[noonestandsalonefoundation@gmail.com](mailto:noonestandsalonefoundation@gmail.com)

**WEBSITE**

[nosafoundation.com](http://nosafoundation.com)