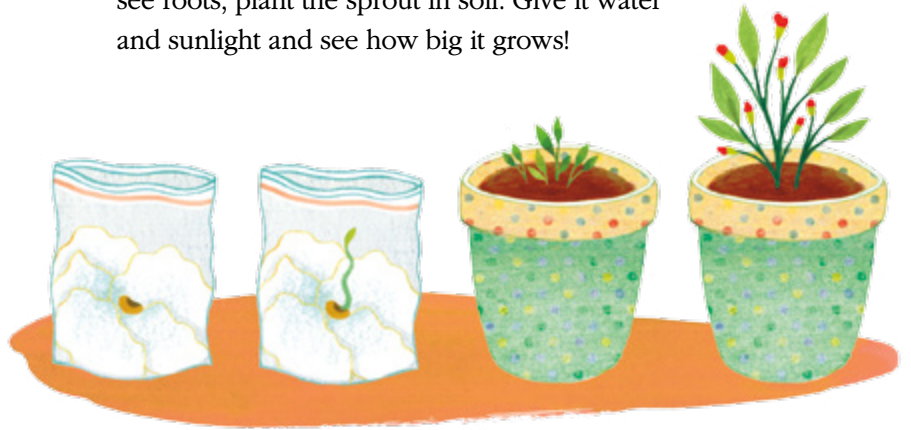
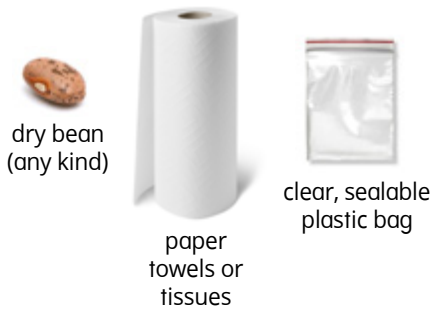


# Seeds of Faith

The prophet Alma compared growing your faith to planting a seed (see Alma 32). When you pray, read the scriptures, and help others, your faith and testimony will grow! Try this experiment to watch a seed sprout.

- 1 Place wet paper towels or tissues inside a plastic bag. Place the bean on top and seal the bag.
- 2 Leave the bag in a sunny place. After about a week, the bean should begin to sprout!
- 3 Let the plant keep growing for a while. When you see roots, plant the sprout in soil. Give it water and sunlight and see how big it grows!

## What You Will Need:



## Plant Match

Everyone's testimony grows differently. Can you match each plant with its shadow?

