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.

**What You Will Need:**
- dry bean (any kind)
- paper towels or tissues
- clear, sealable plastic bag

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!

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**Plant Match**

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