Exercise No. 28

Distinguish the seed you want to manifest in this world. What thoughts, images, or pictures do you have in your mind about what you are praying for?

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In the parable of the sower, what happens to the seed? How can you pray in such a way that you plant your seed in good soil?

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In Mark 11:24, Jesus said, “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” When we pray, we should pray as if we have already received what we are asking for. This is a matter of faith but also takes full advantage of the law of compensation.

What are you asking God for in prayer? Write down your prayer below and examine if your language of praying shows you already received what you’re asking for. Is it a hopeful tone? A grateful tone? Is it somehow doubtful or uncertain?

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As you radiate the mental image of what you wish for—a picture of you in perfect health, or surrounded by wealth and prosperity, or by a secure and loving home situation, to name a few examples—you are planting the “seed” by radiating out the intention into the universe. Distinguish below the seed you are planting regarding your future. What does it look like? What do you look like? What do the people around you look like?

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You are giving out something in order to attract something back in return. You are praying in the faith described by Jesus in Matthew 17:20: “Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Write out a prayer of thanksgiving for receiving by faith the biggest thing you are praying for.

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The less fertile terrain in the parable that some of the other seeds landed on describes what happens when we do not water the seeds of our intent with manna. Birds represent other cares and concerns that may steal away our attention from our seed intentions, not even allowing them the chance to sprout. Other seeds are choked out by thorns and weeds because our seed intentions are poorly made and not strong enough to overcome our daily worries and challenges, which drink up all the water intended for our crops.

Into what terrain are you planting your prayer seeds?

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Who/what are the birds in your life that are trying to steal your attention away from the seed?

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Who/what are the weeds in your life that are choking the life out of your prayers?

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# commitment

Knowing that you have a prayer seed to sow, what are you committed to doing differently this week?

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Knowing that you have a prayer seed to sow, what are you committed to seeing differently this week?

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Knowing that you have a prayer seed to sow, what are you committed to saying more this week?

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