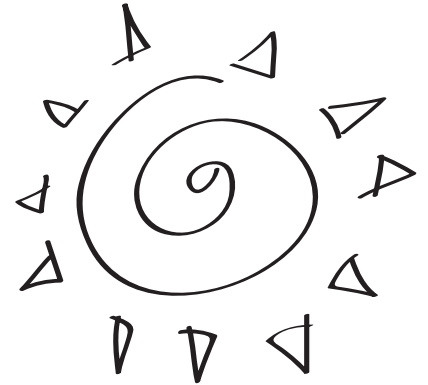


We are seeds of a Divine Being. We are divine by inheritance. Divinity already lives within us. We have everything inside of us to become like our Heavenly Father. Even though we have it all inside of us, we must seek the proper nourishment for our seeds to grow into their full potential.

What does a
**SEED
NEED**
to grow?

Light --->

we need the gospel light and its guidance. We must learn to follow the Light.



Water --->

We need to seek the living water who is Jesus Christ by doing things to bring and feel His Spirit.



Weed out yuckies --->

We need to weed out thoughts and behaviors that harm us. This includes abandoning our sins as well as learning to overcome destructive and mean thoughts about ourselves and other people.

<--- Good Soil

We need a good environment. We can surround ourselves with wholesome things: uplifting media, friends and places.