

Reprinted from Daily Lift, May 13, 2010.

Republished with permission of the Christian Science Publishing Society. All rights reserved.

## Sowing seeds of Love

By Elise L. Moore, C.S.B.

I've been thinking about a phrase from a hymn, the phrase is "where seeds of Love are sown." That's from Hymn 180 in the Christian Science hymnal and the whole phrase is "good from God is sent where seeds of Love are sown." Sowing seeds of Love; what a wonderful way to act today.

Wherever we are and whatever we're doing we can sow the seeds of Love. We can sow seeds of Love in conversations, in loving other family members; we can do this at work, at school, even in our text messaging. We can sow seeds of Love by genuinely listening to one another. When we aren't judgmental but listen with an open heart, this can plant the seeds of Love. And maybe even by refraining from saying or doing something that would hurt another person.

We can sow the seeds of Love by doing something loving for ourselves. We don't want to leave ourselves out. As Ginny Luedeman said the other day, we can forgive ourselves. We're planting seeds of Love whenever we pray for ourselves.

Prayer is sowing seeds of Love. And we're sowing those seeds of Love when we stand up for what is moral. We can act morally even if it seems difficult - might even help others to act morally and be obedient to God's commandments.

There are lots of ways that we can sow the seeds of Love today. So let's do this through our prayers, our conversations, our moral actions. We can sow the seeds of Love and reap the harvest of God's goodness and blessing.