Video #6: Seed Sender

Outline

Amy begins this video by jumping straight into scripture. We start in Colossians 1:6-10. Amy shows us how the seed of the gospel went from Jesus -> Paul -> Epaphras -> the church in Colosse. The seeds were spreading!  
“A life lived well—the life that’s worthy and pleasing to the Lord—is a fruitful life.”

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Amy shares how, for her, truth has often been intimidating to her, how it has resulted in her trying harder and ultimately feeling failure. She even wondered at one point, what would happen if she quit the God thing. She considers this idea for a few minutes, realizing that this thought is a result of the try-harder life.

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**What does God say?**  
Fruitfulness is out state of BEING, not our state of DOING. This crucial understanding is the difference. Knowing HIM is the first and most important element of living our one life well—through His Word.

This is the heart of *Exhale*: We need to lose who we’re NOT, to make room for God’s work through us. We need to love who we ARE to take steps in God’s work for us. We need to fully launch into a life worthy of the Lord that pleases him in every way.  
***Our BEING leads to our DOING.***

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Our life well-lived is a fruitful life and a *Seed Sender Life.*  
  
Our Seed Sender Life, our every good work, will look different for all of us. Our gifts and influence are different.

Amy tells us about a walk that she took and on the ground she could see several dandelions in one place, all in different stages of growth: a baby dandelion, a mature one, a wind blown one, and a stalk with no seeds left.   
This is how our lives are: how we start and grow and, Lord willing, at the end we have spread the Seed everywhere and have none left.

Amy then leads us through the *Now Breathe* exercise, an invitation to stand together with cupped hands as if holding seeds, imagining sending those seeds into the world.

**Question for the group:** Ask the ladies to share one of the seeds that they imagined holding and sending out into the world.