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Keep Sowing, Trust the Process

And he said, "The kingdom of God is as if a man should scatter seed on the ground. He sleeps and rises night and day, and the seed sprouts and grows; he knows not how. The earth produces by itself, first the blade, then the ear, then the full grain in the ear. But when the grain is ripe, at once he puts in the sickle, because the harvest has come. (Mark 4:28, ESV)

Tour professionals often practice four to six hours a day throughout much of the year—and that may not include time on the course. Even on tournament days, we warm up before the round and practice afterward, though practice time decreases.

Most outside the tour ranks don't have—or want to spend—that much time practicing. But a recent Golf Digest article offers a manageable alternative: a 20-minute practice session.

Begin the 20-minute session with a five-minute warm-up. Include dynamic stretching—activating the hips, glutes, spine, and shoulders; google search "5-minute golf warm-up" for a routine.

Spend the next five minutes hitting short shots with your wedges. Use these shots to warm up your wrists, find your balance, and feel contact with the middle of the clubface.

Use the remaining ten minutes for intentional shots. Choose either your odd-numbered irons (9, 7, 5) or your pitching wedge and even-numbered irons (8, 6), then work into your woods as well. For every shot, choose a specific target, follow your pre-shot routine, and watch the ball land.

Like tour professionals, Bible teachers and pastors devote hours to preparation. Most of us have less time, but the principle of brief, consistent practice applies to studying Scripture too: small acts of sowing can yield a plentiful harvest.

Jesus' parable pictures incremental growth: a farmer scatters seed, then sleeps and rises as it sprouts and grows. The growth unfolds quietly, a little at a time, rather than in one grand moment. Each stage prepares for the next.

The farmer's rhythm invites us to picture patience: no digging up the seed each morning to check its progress, no scolding the soil for being slow. He sows, rests, and trusts that growth is happening even when he can't see it.

During a waiting period, faith may feel small as we repeat the same prayer. Yet growth appears in gentler conversations, stronger resistance to temptation, and steps beyond our comfort zone.

These small changes remind us that God is at work, even when growth goes unseen. That steady work gives us reason to persevere in our spiritual journey. As Paul encourages us, we will reap "if we do not give up" (Galatians 6:9).

Our part is to faithfully practice a little every day: sow, rest, and keep showing up. The growing belongs to God.

Prayer: Lord, move me to invest small, consistent time into your Word. Help me trust the process that you are at work in and through me.

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