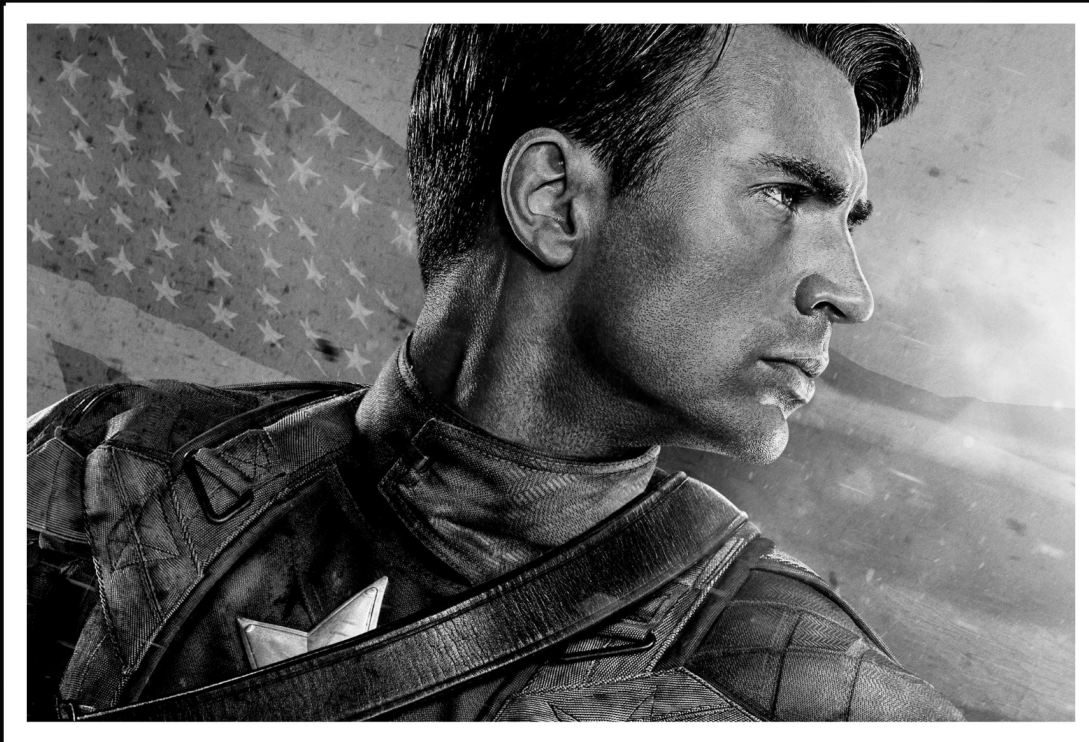


NOW SHOWING
THE MUSTARD SEED & LEAVEN
MATTHEW 13:31–35



**CAPTAIN
AMERICA**
STORIES THAT
CHANGE EVERYTHING



NOW SHOWING — “Parable of the Mustard Seed and the Leaven”

Where to Watch *Captain America: The First Avenger* is streaming on Disney+ (also available to rent or purchase on Amazon Prime Video, Apple TV, and Fandango at Home). Rated: PG-13 | Runtime: 2 hr. 4 min.

Parents Guide to Captain America: the First Avenger: <https://www.common sense media.org/movie-reviews/captain-america-the-first-avenger>

Movie Summary Before he became Captain America, Steve Rogers was a small, overlooked young man who desperately wanted to serve his country. Rejected again and again because of his size, Steve never lost his courage or compassion. When Dr. Erskine sees what others overlook, Steve is chosen for an experiment that doesn't simply make him stronger, it magnifies the character already inside him. Throughout the film, Steve discovers that true heroism isn't about power or recognition but about humility, sacrifice, and choosing what is right, even when it costs you.

Sunday's Message Jesus compares the Kingdom of God to a mustard seed and to yeast mixed into dough. Both begin almost unnoticed, yet both quietly transform everything they touch.

The Kingdom doesn't spread because of impressive people, influence, or power. It begins as God transforms ordinary hearts from the inside out. But when it does spread, there is no way to contain the Kingdom. Like Steve Rogers before he became Captain America, God isn't looking for the strongest people. He's looking for people whose hearts are surrendered to Him.

As God's Spirit changes us, His Kingdom naturally spreads into our homes, friendships, neighborhoods, and communities, becoming a place of hope, healing, and refuge for others.

Read the Text Together Matthew 13:31-33 (NLT)

Discussion Questions

1. Before Steve receives the Super Soldier Serum, what qualities make Dr. Erskine believe he's the right choice? What does that teach us about the difference between character and power?
2. Jesus says the Kingdom is like a tiny mustard seed and a little bit of yeast. Why do you think Jesus chose such ordinary, even surprising, examples instead of something obviously powerful?
3. Watch the grenade scene again if you can. Steve throws himself on what he believes is a live grenade before he has any superpowers. Why do you think he reacts that way? What does that reveal about who he already is? How does that remind us of the kind of people God chooses to use?
4. Mustard plants spread quickly and become places where birds find shelter. Who has been a "safe place" or source of encouragement in your life? How can you become that kind of person for someone else this week?
5. Yeast works quietly, changing the dough from the inside until eventually everything is different. What are some ways God has been slowly changing your heart that others might not immediately notice?
6. By the end of the film, Steve has incredible strength, but his greatest qualities haven't changed. How does following Jesus change us from the inside out before it changes what others see on the outside?

Main Next Step This week, ask God to grow His Kingdom in one hidden place in your life. Instead of looking for a big moment, choose one quiet act of faithfulness: encourage someone who needs hope, serve without expecting recognition, forgive someone who hurt you, spend a few quiet minutes with God each day, look for one opportunity to show courage, kindness, or humility

Remember, God's Kingdom often begins in ways that seem small, but He delights in growing those small acts into something far greater than we can imagine.

Pray Together

Jesus, thank You for showing us that Your Kingdom doesn't grow through power or popularity but through transformed hearts. Help us become people of courage, humility, and faithfulness like You. Grow Your Kingdom in us so that our lives become places of hope, love, and refuge for others. Change us from the inside out, and use even our smallest acts of obedience for Your glory. Amen.

