

Grain of Wheat

By Susan Vogt

March and April take us through the liturgical seasons of Lent and Easter. In the northern hemisphere this also corresponds to nature's season of the earth awakening from the sleep of winter to Spring's readiness to bring about new life. So too, in human relationships we sometimes have to die to ourselves to bring about new life.

For

Adult / Couple

Season

Spring

Needed

Willingness to die to self in order to bring fuller life to one's marriage and family

Activity Plan

1. Calm your spirit and open your mind and heart to God's presence.
2. Read (either with your spouse or by yourself)
John 12:24-33 The Grain of Wheat and Jesus' Prediction of His Death (see next page)
3. Ponder the sorrows, suffering, and death that are inevitable in our lives. It feels terrible when things like illness, loss of job, accidents happen. We can't always predict the time or plan to prevent it. It's hard to see how a tragedy could be God's will and bring about good. But just as a grain of wheat has to die to bear more fruit, so too must we "die to ourselves."
 - Think about a bad experience that you've had that eventually brought growth or a new opportunity.
 - Is there a sadness or difficulty that you are currently experiencing and you're not sure how you will get through it? Ask God for wisdom to see what good might eventually come from it and the patience to wait.
 - Is there any habit or way of doing things that I need to let go of in order to give myself fully to my spouse, and after my spouse, my children?
4. Recall that Jesus made the ultimate sacrifice of love by surrendering his life for us on the cross. He "lost" his life, but through his death, Jesus "gave" life to those who follow him. His followers didn't understand what was happening at the time. His words were confusing and it didn't seem right that a just man should die.
 - Is your faith based on logic and success?
 - Is there anything you need to "die to" in order to give yourself more fully to God? (Consider pride, getting your own way, shyness in telling others of your faith, self-righteousness in imposing *your* unique style of faith on another.)



John 12:24-33

The Grain of Wheat and Jesus' Prediction of His Death

“Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

“Now my soul is troubled. And what should I say—‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

