

Sunday 21st March 2021  
A Grain of Wheat



### Gather Together...

Take time together as a family, find a quiet space, perhaps play some music, light a candle and sit comfortably.

Make the Sign of the Cross

### Listen Together...

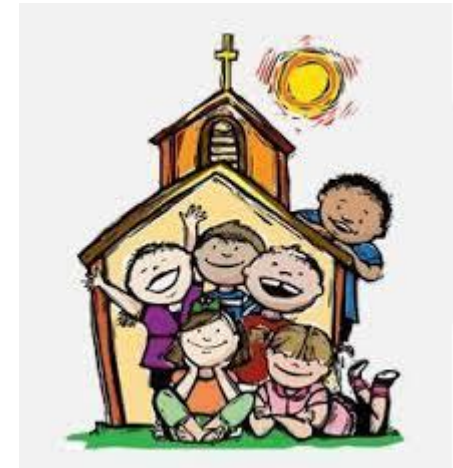
Listen to this week's scripture, from the Gospel according to John...

Jesus said to his disciples, 'The time has come for me to be glorified. Just as a grain of wheat must die to produce a harvest of many grains, so the Son of God must die so that many can live.'

Jesus was troubled because he knew the time for him to die was fast approaching. 'I could ask my Father in Heaven to stop this very thing from happening, but it was for this very reason that I have come.'

### Respond Together...

- Why did Jesus feel troubled? He knew that he would soon be betrayed by Judas and that he would suffer and die on the cross.
- Do you think he was afraid? No-one wants to be hurt and Jesus knew what was ahead of him. He must have felt afraid but he did not try to avoid or hide from what was going to happen. Instead he turned to God and prayed for strength and courage.



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- What did Jesus say about the grain of wheat? A wheat plant produces a seed called a grain. A single grain of wheat can produce many, many grains. To do this the seed itself must die and give up its own life to produce a tall and strong shoot.
- Jesus used the image of the grain of wheat to try to explain what would happen to him. He wanted us to understand that, like a seed, his death was necessary if new life was to be given to many. Jesus gave up his life by dying on the cross so that he could have new and everlasting life which we could share with him.

Pray Together... Lord Jesus, you willingly gave up your life so that you could share your everlasting life with all of mankind. Thank you for your courage and love and for dying to save us all.

