



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

GRAINS OF WHEAT

By Sr. Jayne Helmlinger, CSJ

From Today's Gospel

Jesus said to his disciples: "Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me."

JOHN 12:24-26

Reflection

I'm keeping my reflection short in hopes that one of the two pictures today will capture your imagination. One suggestion is to use Lectio Divina or Lectio Visio to ponder the short passage above from John's Gospel.

Wheat must fall to the ground and die so it can bear much fruit and not remain a single grain. This is a metaphor pointing to Jesus' own death and resurrection bearing much fruit. As followers of Jesus, we too are to bear fruit. What must die in us for us to live more fully in Jesus?



Church of Saint-Sulpice in Paris, France
Photo by Sr. Jayne Helmlinger, CSJ

Fields of Wheat

O fields of wheat gently blowing beneath the skies of blue,
may we allow the winds of the Spirit to tenderly guide our steps.

Golden is the sunlight upon the wheat fields of plenty, may the light of our Lord illumine the path which we are to walk this day.

Standing tall, with stalks lifted toward the sun and sky, a gentle reminder for us to never cease in our prayers of gratitude to you for the gift of all creation.



Sidney, OH
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Lectio Visio: Which picture speaks to you? Why? Stay with whatever is capturing your imagination and prayer.
 - Lectio Divina: Which word or words in scripture capture your attention? Allow this word or these words to inspire and intrigue you throughout this day or evening.
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For Prayer

*Like the grains of wheat in the field,
may we grow in our desire to let die what needs to die within us*

*to continue bearing fruit through You.
We pray for all who struggle to follow Your way,
holding tightly to all that impedes their ability
to die to self and live in You.
Amen.*

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Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 (714) 744-3175

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