

A Grain of Wheat

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

“Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat.”
(Jn 12:24)

FIRST MOVEMENT

1. **Take a few minutes to recollect yourself. Take a comfortable position. Try to relax. Remember that God is present in your being. Let go of whatever tension is in you. Breathe in deeply and breathe out slowly. As you do so, imagine that you are actually breathing the Spirit of God.**

“Yahweh God, shaped man ... and blew the breath of life into his nostrils: And man became a living being.” (Gen 2:7)

2. **Ask God to help you understand what he means by the dying of the grain of wheat in your life, especially as a Christian teacher.**

“Ask and it will be given to you; seek and you will find ... for anyone who asks receives; anyone who seeks finds.” (Mt 7:7-8)

SECOND MOVEMENT

3. **Contemplate the Mystery of God’s Love at Work in the World**

Read the following Scripture passage a few times slowly. What words or phrases especially catch your attention? What is being said about your ministry? Enter into this mystery of the dying of the grain.

“Amen, amen, I say to you. Unless the grain of wheat falls into the ground and dies, it remains a grain of wheat; but if it dies, it produces much fruit. Whoever loves their life loses it, and whoever hates their 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.” (Jn 12:24-26)

4. **Reflect on the Mystery of God’s Love at Work in Your Own Life**

In what way(s) are you the grain of wheat mentioned in this passage?

How is God calling you in your daily life to be the grain of wheat?

“Are you willing to die for those entrusted to your care? For this had to be the kind of ardent zeal you had for the salvation of those you teach, when you were led to sacrifice yourself and to spend your whole life to give these children a Christian education and to procure for them the life of grace in this world and eternal life in the next.” (Meditation No. 201.3)

What are some of the things that you must give up?

THIRD MOVEMENT

5. **Resolve to Be More Open to the Spirit Who Works in and Through You Today**

Promise God that you will be as open to his Spirit as you are to the air you breathe.

Promise him that you will be willing to die today in order to procure his glory for those entrusted to you, e.g., you will spend more time with them, or you will be kinder to them, or you will be ready to listen to the problems they will bring to you.

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle's *Method of Interior Prayer*.