

Gospel Meditation: John 12:20-36

Individually or as a group, watch the Lenten devotional video and work through the following meditation.

²⁴ Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

REFLECT—*Sink into this passage for the next seven days using the following prompts:*

- Find a comfortable place and empty your mind of its many thoughts.
 - What does the kernel of wheat represent in this passage?
 - Imagine you are in that first audience; how would you have understood Jesus' words about kernels of wheat dying and laying down his life?
 - How would you interpret the meaning of his words?
 - How would you feel as you heard him talking?
 - What thoughts and feelings would you have as he looked you in the eyes and said, "Anyone who loves their life will lose it, while anyone who hates their life in this world will keep it for eternal life" (v. 25)?
 - What does Jesus mean when he says, "When I am lifted up from the earth, I will draw all people to myself" (v. 32)?

REPENT—*Take next steps to change your mind and behavior through the following prompts:*

- What does the kernel of wheat represent in your life?
 - What does it look like for it to die?
- How are you daily "crucified with Christ" (Gal. 2:20)?
- Where do you lift up Jesus on a daily basis? What does that look like?
- In what ways have you made the gospel more complicated and convoluted than it needs to be?

PRAY—*Be embraced by the friendship of the crucified God.*

"God brings together everything that is good to give us life. Jesus, the Bread of Life, is the life of God in our common humanity who feeds us with the fullness of God. God knows all that is good and holy within us. God knows that we need help to draw closer to the Holy One through what is tangible. God gives us what we need to nourish and sustain our faith and life. God wants us to search for union with God with what is right in front of us in the here and now. We may not see God with our physical eyes or human logic. It is only by faith that we can reach out to grasp with the whole of ourselves, the God-Life that will transform us by that 'amazing grace' to live into our true selves in Christ."

-Brother Anselm Philip King-Lowe, OSB