

# Fifth Sunday of Lent

## A grain of wheat

### INTRODUCTION

After his triumphant ride into Jerusalem and before celebrating the Passover, Jesus spoke to his disciples about his approaching suffering and death.

### SIGN OF THE CROSS

### LIGHT THE CANDLES

Light the candles and read this passage:

Lord, your light will show me the path that leads to everlasting life, and as you walk beside me on my journey, I will be filled with happiness which will last forever. (Psalm 16:11)

### SORRY

As we listen to the words of this reading, let us ask for God's forgiveness and his help to make a fresh start:

Sometimes when I feel wronged and hurt by others,  
I turn my anger towards them,  
but this is not your way, Lord.  
I know that you will never let go of my hand;  
you will always stand beside me.  
Gently you will guide me, and with your help  
I will understand  
and make your ways my own.  
(Psalm 73:21-26)

### GOSPEL ACCLAMATION

Ask one of the children to read the acclamation:  
By dying you destroyed death and brought us  
all to new and everlasting life.

### GOSPEL (JOHN 12:23-27)

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 heavenly father to stop this thing from happening, but it was for this very reason that I have come."

### DISCUSSION

Jesus felt troubled because he knew that soon he

would be betrayed by Judas and would suffer and die on the cross. No one likes to suffer, and Jesus knew what lay ahead of him. He must have felt afraid, but he did not try to avoid what was to happen. Instead, he turned to his father and prayed for strength and courage.

What did Jesus say about the grain of wheat? The wheat plant produces a seed, called a "grain." A single grain of wheat can produce a plant with many, many grains. To do this the seed itself must die and give up its own life to produce a tall and strong shoot.

Many other familiar plants produce seeds which die so that they can produce new life. Can you think of any examples? (Encourage the children to discuss vegetable and flower seeds which might be familiar to them. At this point, show them the seedlings which were planted earlier during the Third Sunday of Lent. Let them look at the seeds from which these plants came.)

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's, 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.

### ACTIVITY

Copy or draw the various stages of the development of a seed from its beginnings to its final harvest. After the pictures have been colored, help the children to arrange them in sequence and to discuss how the death of one seed can produce a whole new crop.

### CREED

### CLOSING PRAYER

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.

