

Wheat Ideas

John 12:24 *"Unless a grain of wheat falls into the ground and dies, it remains a single grain of wheat, but if it dies it will bear much fruit."*

Select Wheat you can do regularly or select a combination of different Wheat activities.

- Read a verse of Scripture each morning; increase your reading of Scripture to ½ hour
- Fast by skipping a meal each day or an entire day each week, giving the money to the poor / a charity
- Offer to do someone's chores so they might have some needed free time
- Give up watching TV/Facebook/TikTok one night a week devoting that time to someone else (e.g. grandparent, sibling, lonely neighbor)
- Write a wheat letter to at least one fellow team member each week
- Spend ½ hour a day in prayer
- Give up a favorite food as a prayer and identify with suffering
- Be on time for team meetings
- Pray for a particular person who is in "need" three times a day for a week
- Pray the Stations of the Cross
- Attend an Adoration Chapel
- Give time to a special work of charity (e.g. soup kitchen, nursing home)
- Call someone with whom you've not spoken to for a while and invite them to help pray for this team and TEC weekend
- Read some type of devotional material each day
- Give up sweets, smoking, coffee, pop, alcohol- anything which is enjoyable – offer it up in prayer
- Give up car radio and secular music; or choose to listen to Christian music
- Exercise regularly using the time for prayer
- Develop and work on a plan to change some pattern of behavior or habit that you think needs to be changed
- Participate in the celebration of the Eucharist each week beyond Sunday Mass
- Visit someone in the hospital or take someone out who normally can't get out
- Meet with someone or a small group regularly to pray and share faith journeys
- Encourage one person each week to make the TEC weekend
- Pray for those who have died each day
- Pray the Rosary regularly and meditate on the mysteries of Jesus' life
- Receive the Sacrament of Reconciliation
- Make an effort each day to be kind to someone you find to be particularly difficult
- Pray each day for someone you find difficult to like
- Offer to shop, mow grass, shovel snow, etc. for someone who finds that task difficult



Remember that for Wheat to be spiritually nourishing it must be **sacrificial in nature**.

To bear true and abundant fruit, we must “die to ourselves” in the process. Wheat is not a “warm and fuzzy” but a sacrifice to shine the light of Christ through your actions.