

“Unless a grain of wheat falls into the ground and dies, it remains but a single grain. But if it dies, it bears much fruit.” John 12:24

Choose a Wheat activity of your own that you can do regularly and a series of different activities. Remember that for Wheat to be spiritually nourishing it must be sacrificial in nature. Wheat is not a “warm fuzzy” thing to do. For our Wheat to bear true and abundant fruit, we must die in the process.

Suggestions of Wheat:

- Read a verse of Scripture each morning
- Fast by skipping a meal each day or an entire day each week, giving the money to the poor.
- Offer to do someone’s chores so that they might have some needed free time.
- Give up watching television one night a week and devote that time to someone whom you do not spend time with normally (e.g. Grandparent, sibling, lonely neighbor)
- Write a wheat letter to at least one fellow team member each week
- Spend one-half 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
- Give some time to a special work of charity (e.g. Soup kitchen, nursing home, etc.)
- Call someone with whom you’ve not spoken to for a while and invite them to help pray for this team and TEC weekend
- Spend at least one half hour daily reading Scripture
- Read some kind of devotional material each day
- Give up candy, sweets, smoking, coffee, soda, alcohol or another thing which is enjoyable
- Give up car radio and music
- Listen to only Christian music
- Exercise regularly and use 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 or team meetings
- Visit someone in the hospital or take someone for an outing 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 particularly difficult to be kind to
- 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