



“Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself any times over.” John 12:24

Add a prayer to our sunflower wall.
Take a petal and write down your
thoughts.

These are seeds of hope.

Questions for reflection:

- Do we have enemies? Think of one. Pray for them. How can you offer them the equivalent of tea, cake and a video call with their mother?
- 'If someone grabs your shirt, gift wrap your best coat and make a present of it.' Why does this feel like madness? Can we really live this generously?
- 'Perfect love casts out fear.' What scares us about becoming vulnerable? Can we trust God to help us in such situations? Or are we just being naive?



LOVE IS THE ONLY FORCE CAPABLE OF
TRANSFORMING AN ENEMY TO A FRIEND.

-MARTIN LUTHER KING JR.