

For Meditation and Self-reflection

John 12:24 *“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.”*

I Corinthians 15:36 *“. . .What you sow does not come to life unless it dies.”*

Galatians 6:8 *“The one who sows to please his sinful nature, from that nature will reap destruction (lit. become lost); the one who sows to please the Spirit, from the Spirit will reap eternal (lit. age-abiding) life.”*

Romans 6:23 *“For the wages of sin is death, but the gift of God is eternal (lit. age-abiding) life in Christ Jesus our Lord.”*

In the Scriptures, the term “death” often refers not to the death of the physical body, but instead the death of one’s relationship with the divine. Another term used for this kind of spiritual death is “*destruction*.” The Greek word for destruction is “*apoleia*” which literally means to “*become lost*,” as with the “*lost sheep* and the *lost coin*,” which are eventually “*found*.” Because God is love, and because in the end love always wins, that which is lost will eventually be found again.

Wide and easy is the road that leads to destruction. Narrow and difficult is the road that leads to age-abiding life. If we voluntarily die to self, for the benefit of others, in the present, we reap eternal (lit. age-abiding) life sooner than we otherwise would. The term “*die*” in the Bible often metaphorically means to “give up” or “lose” something of value in the present in order to reap a greater reward in the future.

If we so desire, we may experience spiritual, age-abiding, life in the here and now through sacrificial acts of love and kindness. On the other hand, by sowing bad seeds, we would be postponing those blessings and would experience negative consequences instead. The choice is ours. According to the Bible, we reap what we sow. If we sow good seeds, we will reap a bountiful harvest. If we sow bad seeds, we will experience the opposite.