



(CNS/Carol Zimmermann)



by Brenna Davis

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## PAUSE

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## REFLECT

"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." — **John 12:24**

"As the tiniest of seeds, almost invisible to the eye, holds within itself the power to germinate — becoming a plant providing energy, beauty and food — so, too, do all the acts for social justice, peace, human rights and ecological justice that we have been about these past decades." "[Seeds of change can still take root](#)", Nancy Sylvester, Global Sisters Report

What seeds of change and hope have you seen germinate in your life this Lent?

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## PRAY

As you eat meals today, say a prayer of gratitude for the seeds that germinated to produce the food that sustains you in your work for social and ecological justice.

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## Lenten Daily Food Reflections

pause | reflect | act

**Editor's note:** *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the [Lenten Food Waste Fast](#) at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. [View the full series.](#)