A reading from the Holy Gospel According to John 12:23-26

If a grain of wheat falls on the ground and dies, it yields a rich harvest.

Jesus told his disciples:

"The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls on the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and however hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me."

The Gospel of the Lord.