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# Wheat

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Psalms 147:12–14 (ESV)

<sup>12</sup> Praise the Lord, O Jerusalem! Praise your God, O Zion! <sup>13</sup> For he strengthens the bars of your gates; he blesses your children within you. <sup>14</sup> He makes peace in your borders; he fills you with the finest of the wheat.

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# Barley

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Ruth 3:15 (NIVUK84)

15 He also said, “Bring me the shawl you are wearing and hold it out.” When she did so, he poured into it six measures of barley and put it on her. Then he went back to town.

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# Grapes “Fruit of the Vine”

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Amos 9:13–14 (NIV)

13 “The days are coming,” declares the LORD, “when the reaper will be overtaken by the plowman and the planter by the one treading grapes. New wine will drip from the mountains and flow from all the hills, 14 and I will bring my people Israel back from exile.

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# Figs

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Amos 7:14 (NIV)

<sup>14</sup> Amos answered Amaziah, “I was neither a prophet nor the son of a prophet, but I was a shepherd, and I also took care of sycamore-fig trees.

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# Pomegranates

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Exodus 39:22–24 (NIVUK84)  
22 They made the robe of the ephod entirely of blue cloth—the work of a weaver— 23 with an opening in the center of the robe like the opening of a collar, and a band around this opening, so that it would not tear. 24 They made pomegranates of blue, purple and scarlet yarn and finely twisted linen around the hem of the robe.

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# Olives

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Leviticus 24:1–2 (NIV)

<sup>1</sup> The Lord said to Moses, <sup>2</sup>  
“Command the Israelites  
to bring you clear oil of  
pressed olives for the light  
so that the lamps may be  
kept burning continually.

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# Date- Honey

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Psalms 119:102–103 (NIVUK84)

102 I have not departed  
from your laws, for you yourself  
have taught me.

103 How sweet are your  
words to my taste, sweeter  
than honey to my mouth!





1. Wheat – Filled through Fragility
2. Barley – Provision in Poverty
3. Grapes – Crushing Judgment that brings New Life & Joy
4. Figs – Circumcision unto Fruitfulness
5. Pomegranates – Robed in God's Commands
6. Olives – Pressing that brings Light & Life
7. Date-Honey – Sweetness of His Word