

Mindful Colouring

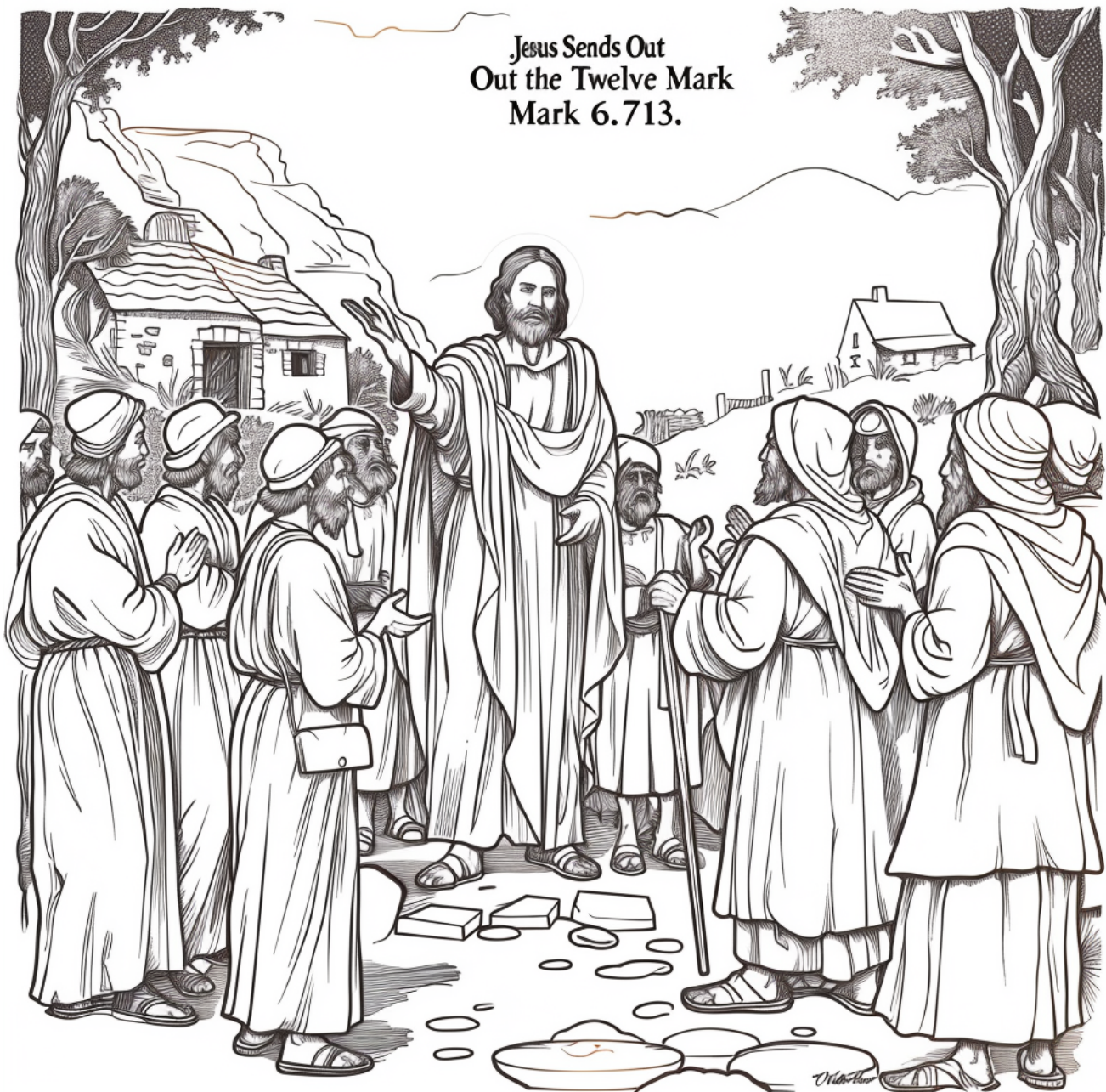
Send them out

As we light this candle
And ring the bell
We pray that God is with us this day.

Close your eyes
Place your hand on your belly. Notice your breathe as your belly moves.
Breathe in through your nose and out
Through your mouth.
Breathe in and breathe and out
Repeat for 1 minutes.

Sign of the Cross - in the name of the Father, Son and Holy Spirit. Amen.

Invite participants to begin colouring. ... While colouring, take it in turns one at a time to share for 3,4, or 5 minutes.....
“How are you? What has been happening in the last week? Do not talk while others speak, but just listen.....”



Song Play list while colouring....

<https://www.youtube.com/watch?v=n0xOIX7-vFo&list=PLsvDuzoHg-g8QFje0T8JkzwzzGp7Hcx90>

Scripture - Mark 6:7-13

Assign different readers to read the different colours below...

Jesus made a tour round the villages, teaching. Then he summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff – no bread, no haversack, no coppers for their purses. They were to wear sandals but, he added, ‘Do not take a spare tunic.’ And he said to them, ‘If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them.’ So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

The Gospel of the Lord.

Response - Praise to you Lord Jesus Christ.

Scripture Reflection -

Take it in turns to read a paragraph...

In today’s Gospel, Jesus sends his followers out. The life of a follower of Jesus is not to remain in one place. Rather, Jesus gets his followers moving. Have you wondered why he instructs them to take nothing for the journey? No staff, no money, and no spare tunic. Like when you travel overseas or go on holiday with the bare minimum, you are more open to meeting new people, but also trusting that the journey in front of you is not just about you. There is something greater in this plan. God has a role to play in what will happen. This seems quite unusual, especially in our culture, which prizes control, safety, and wealth. Jesus does the exact opposite. He sends them into disorder, danger, and poverty. Light shines brighter in the darkness. Their task is to preach repentance which in Greek means “to change you’re mind”. Are we willing to change? Are we willing to accept the bigger picture than what we can see? If there are obstacles, like people who are sick, both physically and mentally, we are called to be healers. Are you a healer? Jesus was a healer. What parts of our world need healing?

Silent Reflection

Silently reflect on the today’s scripture passage and its meaning for us today. Reflect on the questions for reflection.

Discussion - *You may choose to answer some of the following question*

1. Why does Jesus send us out?
2. How are we called to move?
3. What are we called to take with us? Why?
4. Why is disorder, danger and poverty the path?
5. What role does God and trust play?
6. How are we called to change?
7. What areas of our lives in healing?
8. How can we be a healer?

Prayers of the faithful - *Take it in turns to read a prayer below...*

1. For the Church, that we may embrace the journey of faith with trust and openness, relying not on material possessions but on God’s providence. May we always recognize the greater plan God has for each of us. Lord hear us.
ALL - Lord hear our prayer.
2. For all Christians, that we may be willing to change and grow in our faith, accepting the call to preach repentance and transformation. May we be open to the movement of the Holy Spirit in our lives. Lord hear us.
ALL - Lord hear our prayer.
3. For the courage to face disorder, danger, and poverty, just as Jesus sent his disciples out into challenging circumstances. May we trust in God’s protection and guidance as we step out of our comfort zones. Lord hear us.
ALL - Lord hear our prayer.
4. For all those who are sick, both physically and mentally, that they may find healing and comfort. May we, as followers of Jesus, be instruments of God’s healing love in our communities and beyond. Lord hear us.
ALL - Lord hear our prayer.
5. For a spirit of generosity and detachment from material possessions, that we may follow Jesus’ example of simplicity and trust in God’s provision. May we be willing to share our blessings with those in need. Lord hear us.
ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Loving Father, we thank you for the example of Jesus who sends us out with trust and faith in Your divine providence. Help us to embrace the journey of faith, open to change and transformation, even in the face of disorder, danger, and poverty. Grant us the courage to step out of our comfort zones and the compassion to be healers in a world in need of Your love. May we always rely on You, knowing that Your plan is greater than anything we can envision. Fill us with a spirit of generosity and simplicity, so that we may faithfully follow the path You have set before us. We ask this through Christ our Lord. Amen.

Sign of the Cross - in the name of the Father, Son and Holy Spirit. Amen.