

Mindful Colouring

The Epiphany

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.

Invite participants to begin colouring



Gospel - Matthew 2:1-12

When Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, magi from the east arrived in Jerusalem, saying, "Where is the newborn king of the Jews? We saw his star at its rising and have come to do him homage." When King Herod heard this, he was greatly troubled, and all Jerusalem with him. Assembling all the chief priests and the scribes of the people, He inquired of them where the Christ was to be born. They said to him, "In Bethlehem of Judea, for thus it has been written through the prophet: And you, Bethlehem, land of Judah, are by no means least among the rulers of Judah; since from you shall come a ruler, who is to shepherd my people Israel." Then Herod called the magi secretly and ascertained from them the time of the star's appearance. He sent them to Bethlehem and said, "Go and search diligently for the child. When you have found him, bring me word, that I too may go and do him homage." After their audience with the king, they set out. And behold, the star that they had seen at its rising preceded them, until it came and stopped over the place where the child was. They were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh. And having been warned in a dream not to return to Herod, they departed for their country by another way.

The Gospel of the Lord.

ALL - Praise to you Lord Jesus Christ.

Gospel Reflection

How do we respond when we receive a sign? For the Magi, or wise people, they physically travelled thousands of kilometres in rough terrain across deserts, mountains and pathways they were not familiar with. When they arrive in Jerusalem they think the local king would be doing what they are doing. Searching for the new king. But instead, King Herod wants the complete opposite. This new king threatens King Herod, so King Herod does not respond out of wonder, curiosity or faith. Rather, from power, manipulation and control. The Magi continue and find the child and offer him three gifts. Gold which is traditionally associated with royalty. Frankincense or perfume which was used in ancient times during worship and as a symbol of God. Myrrh a spice often used anointing oil when appointing kings. But the true gift, is not the material gifts they offer, but how they offer their own lives. They are open. They are searching and in the end, they listen to a different dream, and go home via a different road. What road do we follow? What signs are we looking for? What gifts do we offer? Do we offer material gifts, or what do we offer from our entire lives?

Silent Reflection

Silently reflect on the today's gospel and its meaning for us today. Reflect on the questions for reflection.

Discussion

1. Who are the Magi? Why are they searching?
2. What can the Magi teach us about the following questions?
3. What road do we follow?
4. What signs are we looking for?
5. What gifts do we offer? Do we offer material gifts, or what do we offer from our entire lives?

Prayers of the faithful

1. Lord, teach us through the example of the Magi. May their journey inspire us to ask meaningful questions in our own lives, and lead us towards deeper faith and understanding. Lord hear us.

ALL - Lord hear our prayer.

2. Gracious God, as we ponder the road we follow, grant us clarity and direction. Help us to choose paths that lead closer to You, mirroring the faith-filled journey of the Magi. Lord hear us.

ALL - Lord hear our prayer.

3. Lord, open our eyes to the signs You place in our lives. Like the Magi who followed the star, let us be attentive to Your guidance and responsive to Your call. Lord hear us.

ALL - Lord hear our prayer.

4. Almighty God, inspire us to offer our best, just as the Magi presented their gifts. Teach us to give not just material things, but to generously share our love, time, and talents in service to You and others. Lord hear us.

ALL - Lord hear our prayer.

5. Are there any other prayer?

ALL - Lord hear our prayer.

Closing Prayer

Gracious and Loving God, As we close this time of prayer and reflection, we carry in our hearts the journey of the Magi, a journey of faith, discovery, and adoration. Just as they followed a star in search of the Christ Child, guide us in our daily lives to follow You with equal devotion and eagerness. Lord, in their story, we find inspiration to seek truth, to ask profound questions, and to be open to the signs of Your presence in our world. May their example encourage us to embark on our own spiritual journeys with courage and faith.

As we go forth, let the light of the star that guided the Magi illuminate our paths. May it shine brightly in our hearts, leading us closer to You and to the peace and joy found in Your Son, Jesus Christ. Amen