

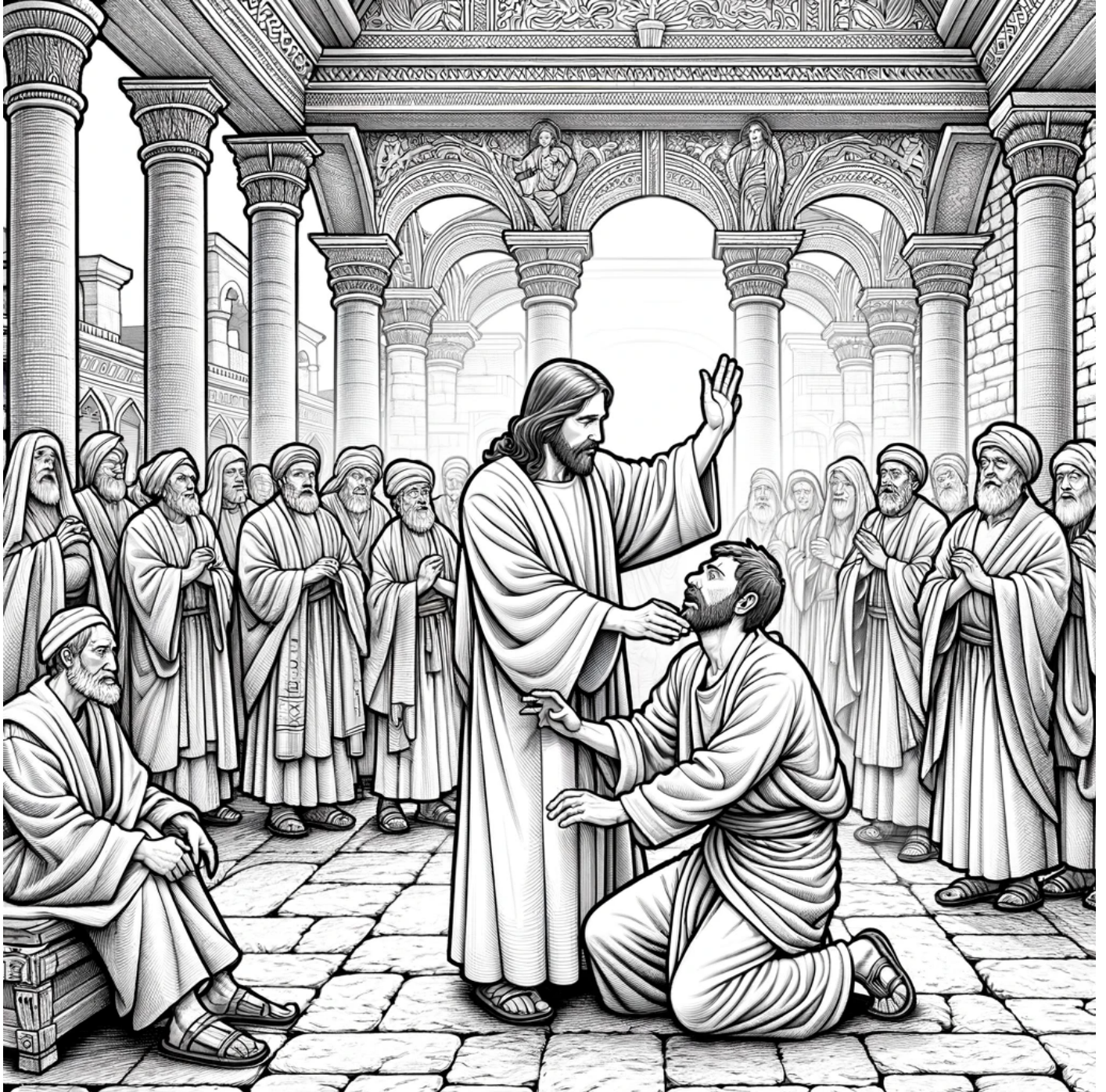
Mindful Colouring

Healing instruments of God

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



Song - Kari Jobe - Healer

<https://www.youtube.com/watch?v=L7dhgu-50mY>

Song - Lauren Daigle - Rescue

<https://www.youtube.com/watch?v=9PugD11k3JU>

Scripture - Mark 1:21-28

Then they came to Capernaum, and on the sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee.

Scripture Reflection

A few years ago, a disturbed man would often come into my local church. He would stand at the front, in the middle of the service, and scream, "You think you are holy" and "You are no priest." At times, it was quite scary, especially when he stood close to the priest and the congregation as they came up for communion. Most of the time, he would leave without any hassle before the end of Mass. On other occasions, the priest would pull him aside after Mass and talk with him. I always wondered, why did he do this? He seemed disturbed, perhaps mentally, perhaps spiritually. Something had happened to him, maybe abuse or trauma, but I could not discern what.

Similarly, in today's Gospel, the setting is a holy place—a Jewish synagogue—a place where people come to pray. Why is it that Jesus can heal a man with an unclean spirit when the religious authorities, such as the Pharisees, cannot? No doubt the Pharisees had tried to heal this man but were unsuccessful. However, the point of this Gospel is not what is explicitly stated but what is left unsaid. God is both visible and invisible. Jesus' actions speak louder than words. Perhaps Jesus understood the root cause of why this man was screaming out loud? Maybe there was abuse or trauma in his history. But the writer does not focus on this. Instead, the narrative centers on the fact that Jesus heals this man in a way that is not visible to us, and the crowd is astonished. They were not expecting such an occurrence. God works in mysterious ways.

In the passage preceding this reading, Jesus calls the disciples, saying, 'Follow me, and I will make you fish for people.' We are called to do the same. We are called to be instruments of God. Do we sometimes need healing? How do we need to be healed? At other times, we need to recognize the needs of others, especially those with whom we do not get along, and respond in ways that others do not anticipate. But this healing power is not ours; rather, it is God who works through us. Are you an instrument of God?

Silent Reflection

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

Discussion

1. Why is the unclean man in the temple?
2. What does Jesus do? Why?
3. How do other people respond?
4. How are we called to follow Jesus?
5. What happens if we think we do not need healing?
6. How do we need healing?
7. How can you be an instrument of God?

Prayers of the faithful

1. Let us pray for those among us who suffer from mental and spiritual afflictions. May they find comfort, understanding, and support within our community, and may they encounter the healing touch of God through the actions and care of those around them. We pray to the Lord. Lord hear us.

ALL - Lord hear our prayer.

2. Let us pray for patience and understanding within our family and community. In times when we are confronted with what we do not comprehend—behaviour that challenges or frightens us—may we respond with a heart like Jesus', meeting agitation with calmness and aggression with peace. We pray to the Lord. Lord hear us.

ALL - Lord hear our prayer.

3. Let us pray for healing for those who carry the scars of trauma and abuse. May the Lord's gentle hand rest upon them, transforming their pain into a story of redemption and hope. May we be attentive to their needs and be instruments of God's transformative love. We pray to the Lord. Lord hear us.

ALL - Lord hear our prayer.

4. Let us pray for ourselves, that we might be instruments of God's peace and healing in the world. May we follow Jesus' example to reach out to those who are marginalized, to listen deeply, and to act with unexpected kindness and generosity. Grant us the grace to be fishers of people, drawing all towards Your love. We pray to the Lord.

ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Heavenly Father, In the quiet of this moment, we turn our hearts to You. With gratitude, we reflect on the teachings of the Gospel, And the example of Your Son, Jesus Christ, Who reached out to those in the shadows, Bringing light to darkness and peace to troubled souls. We ask for the courage to be Your instruments in this world, To serve not from our strength but from Your boundless grace. May our hands be Your hands, Lord, Extending to touch, to comfort, and to heal. May our words echo Your Word, Speaking life into places where hope seems distant. Grant us the wisdom to see beyond the surface, To understand the silent struggles that lie deep within our brothers and sisters. We entrust to You all our actions and intentions, Confident in Your guiding hand. May we be beacons of Your light in the world, Reflecting the healing and peace of Christ, Who lives and reigns with You and the Holy Spirit, One God, forever and ever. Amen.