

Mindful Colouring

How do we face our fears?

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



Song - Hillsong - Lead Me To The Cross
<https://www.youtube.com/watch?v=zuR3jXrIiNQ>

Song - Chris Tomlin - I Will Follow
<https://www.youtube.com/watch?v=g02mOpdNDtY>

Hillary Scott & The Scott Family - Thy Will
<https://www.youtube.com/watch?v=PAmh3yvmzXs>

Lauren Daigle - Trust In You
https://www.youtube.com/watch?v=n_aFVVeJNs&t=7s

Scripture - John 12:20-33

Some Greeks who had come to worship at the Passover Feast came to Philip, who was from Bethsaida in Galilee, and asked him, "Sir, we would like to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls to 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 whoever 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 honour whoever serves me. "I am troubled now. Yet what should I say? 'Father, save me from this hour'? But it was for this purpose that I came to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it and will glorify it again." The crowd there heard it and said it was thunder; but others said, "An angel has spoken to him." Jesus answered and said, "This voice did not come for my sake but for yours. Now is the time of judgment on this world; now the ruler of this world will be driven out. And when I am lifted up from the earth, I will draw everyone to myself." He said this indicating the kind of death he would die.

Scripture Reflection

How do we face our fears? This Gospel passage reveals profound insights into confronting and overcoming the fears that are an inevitable part of human experience..

Jesus' Troubled Spirit

Jesus' admission of being "troubled" reflects the natural human response to fear and suffering. His choice to move forward despite His apprehensions encourages us to acknowledge our fears without letting them deter us from our purpose. Do we acknowledge that our fears and challenges are part of the natural part of being human?

The Grain of Wheat

The analogy of the grain of wheat falling and dying to produce much fruit is a powerful metaphor for facing our fears. It teaches that true growth and new life often require us to let go of our current state, even if it means going through a form of 'death'—be it sacrificing our comfort, confronting our ego, or letting go of our preconceptions. What parts of us do we need to let go of? What parts of our lives is the wheat grain that will fall to the ground?

The Greeks' Inquiry

The Greeks' desire to see Jesus can be seen as stepping out of their comfort zone, driven by a quest for truth and meaning. Their approach symbolizes the universal fear of the unknown. How are we called to step out of our own comfort zones?

Following Jesus

Choosing to follow Jesus and where He leads—even to the cross—represents the journey of facing fears with faith and trust. The promise that "where I am, there also will my servant be". What crosses are we called to face?

The Voice from Heaven and The Lifting Up

The voice from heaven "I have glorified it and will glorify it again" demonstrates the presence and willingness of God to play a part on our own lives. . It demonstrates that facing our fears, especially when it involves laying down our lives for others, leads to ultimate transformation. the notion of Jesus being "lifted up" symbolize the ultimate victory over fear and death through divine intervention made. Do we realise we to are not alone?

In summary, this passage encourages us to face our fears with courage, faith, and the willingness to undergo transformation. It teaches that through confronting what terrifies us, especially in the context of following Jesus' example of love and sacrifice, we find true life, purpose, and connection where God is active in our life. Facing our fears is not just an act of personal courage but a pathway to greater fruitfulness and eternal life with 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. Do we realise we are not alone? How can God play a more active part in our life?
2. What crosses are we called to face?
3. How are we called to step out of our comfort zones?
4. What parts of us do we need to let go of? What parts of our lives is the wheat grain that will fall to the ground?
5. Do we acknowledge that our fears and challenges are part of the natural part of being human?
6. How do we face our fears?

Prayers of the faithful

1. We pray for the courage of the Greeks who sought Jesus, stepping beyond the familiar into the unknown. Help us to trust in You when we face fears, knowing that with You, every unknown is a path to deeper faith. Let us always move forward with the assurance of Your love guiding us. Lord, hear our prayer.

Let us pray to the Lord.

ALL - Lord hear our prayer.

2. We pray as You Jesus faced Your hour of great suffering with resolve, grant us the strength to confront our own trials and tribulations. Teach us to see beyond the immediate pain and fear, to the glory and transformation that awaits us through trust in Your will. Lord, hear our prayer.

ALL - Lord hear our prayer.

3. We pray just as a grain of wheat must die to produce fruit, inspire us to let go of our attachments, comforts, and let us move through our fears, embracing the sacrifices required for growth. May our lives bear abundant fruit through our willingness to lose them for Your sake of a higher calling. Lord, hear our prayer.

ALL - Lord hear our prayer.

4. We pray Merciful Father, guide us to follow in the footsteps of Jesus, especially when the path leads through suffering or the cross. Help us to serve faithfully, carrying our own crosses with hope, knowing that where Jesus is, we shall be also. Grant us the grace to find our life by giving it away in love and service. Lord, hear our prayer.

ALL - Lord hear our prayer.

5. We pray Lord, in moments of doubt and fear, remind us of Your eternal presence and the victory over fear won by Jesus through His cross and resurrection. Teach us to hear Your voice in our hearts, reassuring us that we are never alone, and that in facing our fears, we are drawn closer to You. Let us trust in Your divine plan, finding peace in Your promise of eternal life. Lord, hear our prayer.

ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Gracious and loving God, as we journey through the challenges and fears of our lives, we seek Your guidance and strength. Remind us of the courage of those who sought Your Son, the transformative power of sacrifice, and the promise of new life through every trial we face. Help us to follow in the footsteps of Christ, embracing our crosses with faith, and to trust in Your unfailing love and plan for us. May we be inspired to face our fears with the assurance that You are always with us, leading us to eternal life. In Jesus' name, we pray. Amen.

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