

# Mindful Colouring

## The Good Shepherd

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? ..... Do not talk while others speak, but just listen.....”**



Song Play list while colouring....

<https://www.youtube.com/playlist?list=PLsvDuzoHg-g-ubVjJ4jUGEL4GjQ4uZRD>

## **Scripture - John 10:11-18**

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

Jesus said: "I am the good shepherd. A good shepherd lays down his life for the sheep. A hired man, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is because he works for pay and has no concern for the sheep. I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for the sheep. I have other sheep that do not belong to this fold. These also I must lead, and they will hear my voice, and there will be one flock, one shepherd. This is why the Father loves me, because I lay down my life in order to take it up again. No one takes it from me, but I lay it down on my own. I have power to lay it down, and power to take it up again. This command I have received from my Father."

## **Scripture Reflection -**

*Take it in turns to read a paragraph...*

Jesus introduces the concept of the Good Shepherd, distinguishing Himself from ordinary shepherds. The "good shepherd" is someone not just care but who is willing to sacrifice his life for the safety and welfare of his sheep, unlike a hired hand who might flee at signs of danger. Jesus defines His leadership as one characterized by deep care and self-sacrifice rather than coercion or abandonment.

Jesus emphasizes the deep, personal relationship between Himself and His followers through the symbol of the sheep. This relationship mirrors the intimate knowledge and love shared between Jesus and God the Father. The statement highlights Jesus' commitment to His followers to the extent of sacrificing His life. The relationship between Jesus and His followers is based on mutual knowledge and love, echoing the relationship between Jesus and God the Father.

Jesus expands the scope of His mission beyond the immediate audience (primarily Jewish listeners) to include "other sheep" which refers to Gentiles or non-Jews. People outside the included circle to those who are excluded. This points to the universality of Jesus' message and the inclusion of all people in His saving plan.

Jesus highlight the love God the Father has for Jesus because He lays down His life willingly. Jesus stresses that He has the authority to lay down His life and take it up again, a power that He has received from His Father. This indicates His divine authority and foretells His resurrection.

## **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 questions...*

1. What is the Good Shepherd about?
2. Who are excluded in our life today?
3. What is Jesus' mission?
4. Do you believe God loves us like a Good Shepherd?
5. How are we called to share this mission?
6. What leadership qualities does Jesus demonstrate?
7. Is there a difference in the leadership demonstrated by Jesus compared to secular or worldly leaders?
8. How is Jesus like a good shepherd for us today?

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

1. Lord, guide our Church leaders to emulate the Good Shepherd, who cares deeply and sacrifices willingly for the welfare of His flock. May they lead with courage and love, serving their communities selflessly rather than fleeing in the face of adversity. Lord hear us.

**ALL** - Lord hear our prayer.

2. Heavenly Father, just as Jesus expanded His mission to include all people, help us to embrace the diversity of Your creation. Inspire us to build bridges across cultural and religious divides, fostering a world where every person is valued and included in Your saving plan. Lord hear us.

**ALL** - Lord hear our prayer.

3. God, teach us to form relationships based on the deep, mutual knowledge and love that Jesus showed His followers. May our connections with others reflect the intimacy and sacrifice of the relationship between Jesus and His Father. Lord hear us.

**ALL** - Lord hear our prayer.

4. Lord, we pray for those facing danger or adversity, that they may find protection under the care of the Good Shepherd. Strengthen their spirits and grant them the assurance that they are not alone, for You are with them through all trials. Lord hear us.

**ALL** - Lord hear our prayer.

5. Almighty God, remind us daily of the authority and love of Jesus, who laid down His life for us and rose again. Help us to trust in His divine authority and to follow His example of self-sacrifice and unconditional love in our own lives. Lord hear us.

**ALL** - Lord hear our prayer.

5. Are there any other prayer?

**Closing prayer**

Loving Father, we thank You for the loving example of Jesus, our Good Shepherd, who guides us with compassion and lays down His life for His sheep. Teach us to follow in His footsteps, embracing a life of self-sacrifice and boundless love. Help us to extend this love to all, including those beyond our immediate circles, reflecting the universality of Your grace. May we cherish the deep, personal relationship we are called to have with You, through Jesus, and share this bond in fellowship with one another. We ask for the courage to live out these truths in our daily lives, under the guidance of Your Holy Spirit. Amen.

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