

# Mindful Colouring

## Love one another

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 15:9-17

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

Jesus said to his disciples: "As the Father loves me, so I also love you. Remain in my love. If you keep my commandments, you will remain in my love, just as I have kept my Father's commandments and remain in his love. "I have told you this so that my joy may be in you and your joy might be complete. This is my commandment: love one another as I love you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another."

## Scripture Reflection -

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

This passage is from the Gospel of John, specifically from Jesus's discourse during the Last Supper. In this passage, Jesus is conveying important teachings to his disciples, emphasizing the centrality of love and obedience in their relationship with him and with one another.

In this Gospel passage, Jesus's concept of love encompasses several dimensions. Firstly, it involves a profound affection and care for others, as demonstrated by his own love for his disciples and ultimately for all humanity. This love is not merely an emotion but is expressed through actions and sacrificial deeds, as Jesus illustrates by stating that there is no greater love than to lay down one's life for one's friends.

Secondly, Jesus's love is characterized by obedience to God's commandments. He emphasizes the importance of keeping his commandments as a means to remain in his love, mirroring his own obedience to the Father's commandments. This obedience is not borne out of fear or obligation but stems from a deep relationship of trust and intimacy with God.

Furthermore, Jesus's love is inclusive and unconditional. He instructs his disciples to love one another as he has loved them, without discrimination or prejudice. This love extends beyond familial or friendly bonds to encompass all people, even those who may be considered enemies or outsiders.

Furthermore, Jesus elevates his disciples from mere servants to friends, granting them insight into his teachings and the privilege of intimate relationship with him. He emphasizes that their relationship is not based on their choice, but on his choice of them, appointing them to bear fruit in his name.

Finally, Jesus reiterates the command to love one another, underscoring its significance in their lives and in their witness to the world. Through these teachings, Jesus establishes a framework for discipleship characterized by love, obedience, and intimate relationship with him.

## 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 does Jesus teach?
2. Why do you think he teaches this at the Last Supper?
3. What are we called to do?
4. Reflect on a time when you experienced or witnessed sacrificial love in your life. How does this experience resonate with Jesus's teaching about laying down one's life for others?
5. Jesus emphasizes the inclusivity and universality of his love, extending it to all people without discrimination. How are we called to be inclusive?
6. Jesus' commandment to love extends to enemies. What does that mean for us today?
7. How can we access God's love in our own lives?

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

1. We pray for those who are marginalized or excluded, may they experience the transformative power of Jesus's love through the compassion and solidarity of others. Let us pray to the Lord. Lord hear us.

**ALL** - Lord hear our prayer.

2. We pray For families and communities facing division or discord, may they find healing and reconciliation through the practice of sacrificial love and mutual forgiveness. Lord hear us.

**ALL** - Lord hear our prayer.

3. We pray for our Church community, may we be inspired by Jesus's teachings on love and obedience, striving to embody these virtues in our relationships with one another and with God. Let us pray to the Lord. Lord hear us.

**ALL** - Lord hear our prayer.

4. We pray for world leaders and policymakers, may they be guided by the principles of inclusive and unconditional love as they work towards building a more just and compassionate society. Lord hear us.

**ALL** - Lord hear our prayer.

5. We pray for all of us gathered here today, may we be strengthened in our commitment to love one another as Jesus has loved us, despite our challenges, bearing witness to his message of love and unity in our words and actions. Lord hear us.

**ALL** - Lord hear our prayer.

5. Are there any other prayer?

**Closing prayer**

Loving Father, as we reflect on the profound teachings of Jesus during the Last Supper, we are reminded of the transformative power of God's love and obedience in our lives. Grant us the grace to embody these virtues in our daily interactions, fostering inclusivity, compassion, mercy, forgiveness, and solidarity with all whom we encounter. May we be instruments of your love, bringing healing and reconciliation to a world in need. Strengthen our commitment to follow Jesus's example of sacrificial love, that our lives may bear witness to the enduring message of hope and unity. We ask this through Christ our Lord, amen.

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