

# Mindful Colouring

## Our loving Father

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? What has been happening in the last week? ..... Do not talk while others speak, but just listen.....”**



Song Play list while colouring....

[https://www.youtube.com/playlist?list=PLsvDuzoHg-g\\_dyTjY4HAX5m5iIUsIGh-u](https://www.youtube.com/playlist?list=PLsvDuzoHg-g_dyTjY4HAX5m5iIUsIGh-u)

## Scripture - John 15:9-17

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

Jesus said to his disciples: "Amen, amen, I say to you, whatever you ask the Father in my name he will give you. Until now you have not asked anything in my name; ask and you will receive, so that your joy may be complete. "I have told you this in figures of speech. The hour is coming when I will no longer speak to you in figures but I will tell you clearly about the Father. On that day you will ask in my name, and I do not tell you that I will ask the Father for you. For the Father himself loves you, because you have loved me and have come to believe that I came from God. I came from the Father and have come into the world. Now I am leaving the world and going back to the Father."

## Scripture Reflection -

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

This passage from the Gospel, where Jesus speaks to his disciples about prayer and their relationship with the Father, is rich in theological significance and reveals several key aspects of Christian belief.

Jesus emphasizes the power of praying in His name. This is not merely a formulaic conclusion to prayers but an acknowledgment of the authority and relationship Jesus has with the Father. Praying in Jesus' name implies a deep trust in Him and recognition of His role as the mediator between humanity and God. It's an invitation to the disciples to share in Jesus' intimate relationship with the Father.

Jesus assures His disciples that their prayers will be answered when asked in His name to bring their joy to completeness. This promise highlights the loving and generous nature of God, who desires to fulfill the needs of His children. The mention of joy being complete suggests that the fulfillment of these prayers aligns with the ultimate happiness and fulfillment found in divine communion and understanding.

Jesus mentions that He has previously used figurative language but promises a time when He will speak plainly about the Father. This indicates a progression in the disciples' spiritual understanding and readiness. As they grow in faith and closeness to Jesus, they are prepared to grasp more profound truths about God without the need for parables or metaphors.

Jesus clarifies that on that forthcoming day of deeper understanding, the disciples will have direct access to the Father in their prayers, not needing Jesus to petition on their behalf. This reflects the Christian doctrine of the Trinity, where the Father, Son, and Holy Spirit are distinct but not separate, and underscores the personal relationship believers are invited to have with God.

The passage concludes with Jesus reaffirming His divine origin, His purpose in the world, and His impending return to the Father. This reaffirmation serves as a foundational truth for the disciples' faith and their preaching after Jesus' ascension. It asserts Jesus' divinity and the salvific plan of God unfolding through Jesus' life, death, resurrection, and ascension.

Finally, this Gospel passage reassures the disciples of their cherished status before God, encourages them to rely on the profound relationship they have through Jesus, and prepares them for a deeper understanding of divine mysteries. It's a foundational teaching for understanding Christian prayer, divine intercession, and the personal relationship each believer is called to have with God through Jesus Christ.

## 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 was Jesus' purpose while on earth?
2. Jesus said, "you have loved me and have come to believe that I came from God." Do you feel God's love?
3. What does it mean to you to pray "in Jesus' name"?
4. Reflect on a time when you felt your prayer was answered or not answered. Describe this experience.
5. What obstacles do we face when praying?
6. Jesus talks about the disciples "developing over time spiritual readiness and understanding". How is this like our own spiritual growth?

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

1. We pray for all those who struggle with their faith, especially those burdened by doubts or hardened by life's difficulties. May the promise of Jesus—that whatever is asked in His name will be given—bring them comfort and a renewed sense of hope. Lord, hear our prayer. Lord hear us.

**ALL** - Lord hear our prayer.

2. We pray for unity among all Christians, that we may be one in faith, hope, and love, asking in Jesus' name with one voice. May our collective prayer be a powerful testament to our belief in Christ's teachings and His love for us. Lord, hear our prayer. Lord hear us.

**ALL** - Lord hear our prayer.

3. We pray for our Pope, bishops, priests, and all who serve in the Church, that they may speak to us clearly about the Father and guide us in truth and love. May their teachings inspire us to deepen our relationship with God through sincere and faithful prayers. Lord, hear our prayer. Lord hear us.

**ALL** - Lord hear our prayer.

4. We pray for ourselves, that we may be open to the teachings of Jesus and embrace the gift of direct communication with the Father. May we ask in Jesus' name not only for our needs but also for the grace to grow in holiness and joy. Lord, hear our prayer. Lord hear us.

**ALL** - Lord hear our prayer.

5. We pray for all those in need—the poor, the sick, the lonely, and the oppressed. May they feel the Father's love through our actions and find relief and support as we reach out to them in the name of Jesus. Lord, hear our prayer. Lord hear us.

**ALL** - Lord hear our prayer.

5. Are there any other prayer?

**Closing prayer**

Dear loving Father, we thank You for the gift of prayer and the privilege to come before You in Jesus' name. Teach us to trust deeply in this promise, knowing that when we ask in Your Son's name, You hear us. Help us to understand Your words more clearly and to feel Your presence more profoundly in our lives. Grant us the joy that comes from communion with You, and strengthen our faith as we embrace the truth of Jesus' divine mission and His loving intercession. May we always cherish our direct access to You, growing in love and belief as we walk this journey of faith. Amen.

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