

# Mindful Colouring Come Holy Spirit!

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=PLsvDuzoHq-g\\_4ifpyKclkAhEo52SKf9e5](https://www.youtube.com/playlist?list=PLsvDuzoHq-g_4ifpyKclkAhEo52SKf9e5)

## Scripture - John 15:26-27,16:12-15

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

The Spirit of truth will lead you to the complete truth Jesus said to his disciples: 'When the Advocate comes, whom I shall send to you from the Father, the Spirit of truth who issues from the Father, he will be my witness. And you too will be witnesses, because you have been with me from the outset. 'I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself but will say only what he has learnt; and he will tell you of the things to come. He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.'

The Gospel of the Lord.

**Response** - Praise to you Lord Jesus Christ.

## Scripture Reflection -

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

The passage speaks about the role of the Holy Spirit, whom Jesus refers to as the "Advocate" or "Spirit of Truth." This discourse is part of Jesus' farewell to His disciples during the Last Supper, where He prepares them for His impending departure through crucifixion and His subsequent resurrection and ascension. Here's a breakdown of the key themes and meanings in this passage:

1. **Role of the Holy Spirit:** Jesus introduces the Holy Spirit as the Advocate who will come to the disciples after He leaves. The term "Advocate" (Greek: Paraclete) can mean helper, counsellor, or intercessor. The Holy Spirit is described as one who stands by the believers, guiding and supporting them.
2. **Source of Truth:** The Holy Spirit is called the "Spirit of truth" and is said to issue from the Father. This highlights the divine origin of the Spirit and aligns His work with the mission and teachings of Jesus. The Spirit's role is to lead the disciples into all truth, suggesting a process of ongoing revelation and understanding that unfolds over time.
3. **Continuation of Jesus' Mission:** The passage suggests that there are more teachings that Jesus has not yet imparted to His disciples because they are not ready to bear them. The Spirit will continue this teaching, guiding the disciples into deeper understanding and application of Jesus' teachings.
4. **Prophetic Insight:** Jesus says the Spirit "will tell you of the things to come." This points to the prophetic role of the Holy Spirit, not only reminding the disciples of Jesus' words but also preparing them for future events and guiding the church through them.
5. **Glorification of Jesus:** The Spirit will glorify Jesus, meaning that His work will highlight and make clear the significance of Jesus' life and sacrifice. The Spirit does this by revealing to the disciples the full implications of Jesus' teachings and works, all derived from what belongs to Jesus and, by extension, to the Father.
6. **Unity within the Trinity:** The passage emphasizes the unity between the Father, the Son, and the Holy Spirit. What the Spirit communicates to the disciples is what belongs to Jesus, which in turn is what the Father possesses. This reflects the deep interconnectedness and co-equality within the Trinity.

This Gospel passage reassures the disciples (and future followers of Christ) that they will not be abandoned after Jesus' earthly ministry ends. Instead, they will receive the Holy Spirit, who will continuously work in their lives, helping them to understand and live out the truth of the Gospel. It underscores the belief in the guiding presence of the Holy Spirit in the life of the Church and individual believers, leading them into a fuller understanding of God's truth and aiding them in their spiritual journey.

## 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. Who is the Holy Spirit?
2. How do you see the role of the Holy Spirit as the Advocate in your own life? Can you identify moments when you felt the Holy Spirit guiding or comforting you?
3. Jesus mentioned that He had more to teach the disciples but they were not yet ready to bear it. How does this concept of readiness apply to your life?
4. In what ways do you think the Holy Spirit helps believers discern and live out the truth in a world full of conflicting messages?
5. The Holy Spirit is said to speak of "things to come." How do you view the prophetic role of the Holy Spirit in the church today?
6. Why is it important to pray for the Holy Spirit?

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

1. We pray for the guidance of the Holy Spirit in our lives. Help us to be open to the truth He teaches us and give us the wisdom to understand Your will. May the Spirit lead us in all our decisions and bring us closer to Your divine plan. Lord hear us.

**ALL** - Lord hear our prayer.

2. We pray for that the Church and our communities be guided by the Spirit of truth, fostering unity and love among all Christians. Strengthen our leaders and all the faithful with the courage to bear witness to Your Gospel and live out Your commandments in harmony. Lord hear us.

**ALL** - Lord hear our prayer.

3. We pray for the grace to discern the promptings of the Holy Spirit who tells us of things to come. May we remain attentive to God's voice in our hearts and in our community, ready to act on His prophetic insights to better serve Your kingdom. Lord hear us.

**ALL** - Lord hear our prayer.

4. We pray that everything we do is for the glorify Your Son, Jesus Christ. Through the work of the Holy Spirit, help us to reflect Christ's love and mercy to all around us, so that in our words and actions, the face of Jesus may be seen by all. Lord hear us.

**ALL** - Lord hear our prayer.

5. We pray that we continue to grow in our faith, let the Holy Spirit reveal to us the complete truth of Your love and grace. Help our community and family to embrace the teachings of Jesus, deepening our understanding and commitment to live as true followers of Jesus. Lord hear us.

**ALL** - Lord hear our prayer.

5. Are there any other prayer?

**Closing prayer**

Loving Father, we thank You for the gift of the Holy Spirit, the Advocate and Spirit of Truth, who guides us to deeper understanding and faithfulness in Your divine will. As we end our time together, we ask that You continue to enlighten our hearts and minds, enabling us to embrace and act upon the complete truth of Your teachings. May the Holy Spirit empower us to be courageous witnesses to Your love, bringing glory to Your Son, Jesus Christ, in all our actions and words. Sustain us with Your grace, unite us in Your love, and strengthen us to serve as faithful stewards of the Gospel. We ask this in the name of Jesus Christ, our Lord. Amen.

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