

Mindful Colouring

Mustard Seed

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/watch?v=395rhtAWtzs&list=PLsvDuzoHg-g8QWhKBJHUG3hc7IVpkoVeR>

Scripture - Mark 4:26-34

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

The kingdom of God is a mustard seed growing into the biggest shrub of all

Jesus said to the crowds: 'This is what the kingdom of God is like. A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, he loses no time: he starts to reap because the harvest has come.'

He also said, 'What can we say the kingdom of God is like? What parable can we find for it? It is like a mustard seed which at the time of its sowing in the soil is the smallest of all the seeds on earth; yet once it is sown it grows into the biggest shrub of them all and puts out big branches so that the birds of the air can shelter in its shade.'

Using many parables like these, he spoke the word to them, so far as they were capable of understanding it. He would not speak to them except in parables, but he explained everything to his disciples when they were alone.

The Gospel of the Lord.

Response - Praise to you Lord Jesus Christ.

Scripture Reflection -

Take it in turns to read a paragraph...

The parables of the mustard seed and the growing seed, as found in the Gospel, beautifully illustrate the concept of the Kingdom of God as a dynamic and transformative presence that unfolds both mysteriously and magnificently. These parables, enriched by Saint Anselm's idea of "faith seeking understanding," reveal how faith is not only the beginning but the continual sustenance of our journey into the Kingdom of God.

Faith as the Starting Point: In the context of these parables, faith is akin to the act of planting a mustard seed or scattering seed on the land. It represents the initial act of trust and commitment—believing in the potential of something that is not yet visible or fully understood. Just as the mustard seed is the smallest of all seeds yet grows into the largest of garden plants, faith starts small but has the potential to grow exponentially. This growth is not always comprehensible to us; like the man who scatters seed and sees it grow "he does not know how," indicating that the workings of faith and the Kingdom are often beyond human understanding.

Faith Seeking Understanding: Anselm's concept implies that faith is not static; it is an active, searching force. In the journey of faith, understanding is not a prerequisite but a result of faith. As believers live out their faith, their understanding of God's ways deepens. The growth of the seed, which occurs autonomously by the virtue of the earth, can be seen as a metaphor for how believers grow in understanding and spirituality through the nurturing ground of faith. This process is largely mysterious, guided by divine grace rather than human effort.

Faith and the Nature of the Kingdom: The Kingdom of God, as depicted in these parables, is not a physical realm but begins in the hearts of believers and extends into their actions and interactions. It is an inward and outward expansion, manifesting in lives and communities transformed by the values of the Gospel. The Kingdom is present anywhere God's will is being done, and it is faith that enables individuals to commit to this divine will, even when its full scope is not understood.

The Role of Faith in Entering and Expanding the Kingdom: Faith is critical not only for entering the Kingdom of God but also for its expansion within and around us. It enables individuals to participate in the Kingdom's growth, much like the mustard seed growing to provide shelter for the birds. This metaphor highlights the Kingdom's inclusive and nurturing nature, offering refuge and belonging to all who seek it. The branches of the mustard tree can be seen as the various ways in which the Kingdom manifests in the world—through acts of charity, forgiveness, justice, mercy, and love—all rooted in the fertile soil of faith.

In conclusion, the role of faith in understanding and participating in the Kingdom of God is integral. It begins as a simple, perhaps even naïve, trust and grows through divine grace into a comprehensive understanding and participation in God's work. Through faith, believers are invited to witness the mysterious unfolding of God's Kingdom, which, though it starts within the individual heart, reaches out to encompass all of creation, offering shelter, nourishment, and sanctuary.

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 faith?
2. What does St Anselm say faith is? Can you define this?
3. What does the parables teach us?
4. What is the Kingdom of God?
5. How does your own faith resemble the mustard seed—that is, starting small and growing unexpectedly? Can you identify moments in your life where small acts of faith led to greater spiritual growth or understanding?
6. How do you perceive the Kingdom of God manifesting in your own life? What changes when you view the Kingdom as something that begins within your heart and extends outward?

7. Reflect on a time when your faith was tested but led to a deeper understanding or transformation. How did this experience change your approach to spiritual challenges?
8. Considering the mustard seed's growth into a tree that shelters birds, how does your faith community provide shelter and support to others? How might you contribute more effectively to this nurturing role?

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

1. Lord, like the tiny mustard seed that grows into a great tree, nurture our faith from its smallest beginnings to a flourishing expression of Your love. Help us to trust in Your providential care and to grow beyond our limitations, that we might provide shelter and comfort to others. We pray to the Lord.

ALL - Lord hear our prayer.

2. Heavenly Father, grant us the grace of understanding as we navigate the mysteries of our faith. Just as the farmer marvels at the growth of the seed he has sown, may we embrace the journey of faith seeking understanding, even when the path is not clear. We pray to the Lord.

ALL - Lord hear our prayer.

3. Loving God, let Your Kingdom come into our hearts and extend through our actions. Inspire us to live out the values of Your Kingdom—justice, forgiveness, peace, and love—in every interaction, so that we may be instruments of Your divine will on earth. We pray to the Lord.

ALL - Lord hear our prayer.

4. Lord, strengthen our community and family in its mission to be like the mustard tree, where all can find shade and rest. Empower us to support one another in times of need and to celebrate together in times of joy, always reflecting Your inclusive love. We pray to the Lord.

ALL - Lord hear our prayer.

5. God of all creation, as we seek to deepen our faith and understanding, transform us into agents of Your peace. Help us to embody the change we wish to see in the world, fostering a community that lives out the Gospel message with courage and zeal. We pray to the Lord.

ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Gracious God, guide us as we plant the seeds of Your Kingdom in our hearts, trusting that You will bring forth growth in ways we cannot foresee or understand. Like the mustard seed, let our small beginnings of faith expand into a haven of refuge and love for all. Help us to nurture this faith with the patience and wisdom that comes from You, so that in every thought, word, and deed, we may manifest the beauty and shelter of Your Kingdom. May our lives reflect the profound truth that from tiny seeds of faith, great things can grow, drawing all closer to Your divine grace. Amen.

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