

Mindful Colouring

Calming the storm

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-g8HYI_4D-IL02dgOm22hpN

Scripture - Mark 4:35-41

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

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

The Gospel of the Lord.

Response - Praise to you Lord Jesus Christ.

Scripture Reflection -

Take it in turns to read a paragraph...

The passage from Mark 4:35-41, often referred to as "Jesus Calms the Storm," is a powerful narrative that conveys multiple layers of meaning, primarily focusing on faith, the divine authority of Jesus, and the human response to God's power.

One of the most direct interpretations of this passage highlights the divine authority of Jesus. By calming the storm with just his words, Jesus demonstrates his control over nature, which is traditionally seen as a divine attribute. This act signifies that Jesus is not just a teacher or a healer, but someone with divine power, affirming his identity as the Son of God. This is underscored by the disciples' awe-struck reaction, "Who can this be? Even the wind and the sea obey him."

The disciples' reaction during the storm—panicked and fearful despite Jesus' presence—speaks to the human condition of doubt and fear, especially in the face of danger or the unknown. Jesus' question, "Why are you so frightened? How is it that you have no faith?" challenges not just the disciples but all believers to reflect on their own faith, especially during trials. This aspect of the narrative encourages believers to trust in God's power and presence, even when not immediately visible or comprehensible.

Metaphorically, the storm can represent the various trials and tribulations that everyone encounters in life. Jesus' ability to calm the storm reassures Christians that he has the power to bring peace and stability in times of chaos and distress. This is a comforting message for believers, reinforcing the idea that turning to Jesus in difficult times can bring peace and resolution.

The reaction of the disciples also highlights a common biblical theme: the awe or fear of the Lord that follows divine intervention. Their response, filled with awe and wonder at Jesus' command over the natural elements, is a typical human response to witnessing a miracle. It challenges the reader to recognize and respect the divine power and to consider how one responds to manifestations of God's work in the world.

Finally, this passage serves as a spiritual wake-up call to the disciples and to believers, emphasizing that the presence of Christ can bring calm and order. It also points out that spiritual awakening often comes after a period of turmoil or questioning, reflected in the disciples' journey from fear to awe.

In summary, this passage from Mark not only asserts the divinity of Jesus but also serves as a profound lesson on faith. It reassures believers of Jesus' presence and protection while challenging them to maintain faith even when the situation seems dire. The story encourages a deeper trust in God's plan and the peace that comes from truly surrendering to divine will.

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...*

Certainly! Here are seven reflective questions based on the passage from Mark 4:35-41, which can help deepen understanding and personal application of the themes discussed:

1. Reflect on a time when you faced a "storm" in your life. How did you respond? Were you more like the disciples, fearful and doubting, or did you manage to maintain your faith in God's providence?
2. What does Jesus' command over the wind and waves reveal to you about His nature and power? How does recognizing His control over nature influence your view of His control over your life circumstances?
3. The disciples responded with awe and wonder after witnessing Jesus calm the storm. How do you respond internally and externally to witnessing or hearing about miracles today?
4. Jesus challenged His disciples on their lack of faith. How do you define faith, and what role does it play in your relationship with God? Do you think Jesus' question about faith is relevant to you today?

5. Considering Jesus' power to calm the storm, how can this passage help you trust God more in your current challenges? What changes might you need to make in your life to align more closely with this kind of trust?

6. In the story, the disciples seem initially unaware of Jesus' divine capabilities despite His presence in the boat. How aware are you of Jesus' presence and power in your daily life? How can you cultivate a greater awareness?

7. The disciples moved from fear to awe and a deeper realization of Jesus' identity. Can you identify a moment in your life where a challenging experience led to a deeper understanding or spiritual growth? How did that experience change your perception of God?

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

1. "Heavenly Father, we pray for the strength to trust in Your divine providence, especially in moments of fear and uncertainty. Help us to remember that just as Jesus calmed the storm, He is always with us, guiding and protecting us through life's turbulent times. Lord, hear our prayer."

ALL - Lord hear our prayer.

2. "Lord God, we ask for the grace to maintain our faith during trials and tribulations. May we, like the disciples, learn to turn to You in our moments of need and recognize Your saving power in every situation. Strengthen our faith, and help us to rely fully on You. Lord, hear our prayer."

ALL - Lord hear our prayer.

3. "Merciful Father, we lift up all those who are currently experiencing fear and anxiety. Provide them with the comfort found in Your presence and remind them that they are never alone. May Your peace, which surpasses all understanding, guard their hearts and minds in Christ Jesus. Lord, hear our prayer."

ALL - Lord hear our prayer.

4. "Almighty God, we pray that we may be constantly aware of Jesus' presence in our lives. Teach us to see His hand at work in all circumstances and to acknowledge His authority over creation. May this awareness lead us to live in deeper communion with Him every day. Lord, hear our prayer."

ALL - Lord hear our prayer.

5. "Creator God, instill in us a sense of awe and wonder at the works of Your hands. As the disciples marvelled at Christ's command over the wind and sea, let us too rejoice in the many ways You manifest Your glory in the world around us. May our lives reflect our wonder and gratitude. Lord, hear our prayer."

ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Lord Jesus Christ, who commands even the winds and the sea, we approach You with humble hearts filled with awe at Your mighty power. In the storms of our lives, when fears rise and faith wavers, remind us that You are always with us in the boat, guiding us to safety. Grant us the courage to trust in Your sovereign will and the peace to rest in Your protective embrace. Teach us to rely on You completely, so that in every challenge and across every troubled water, our faith in You grows stronger and our journey leads us closer to You. Amen.

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