

# Mindful Colouring

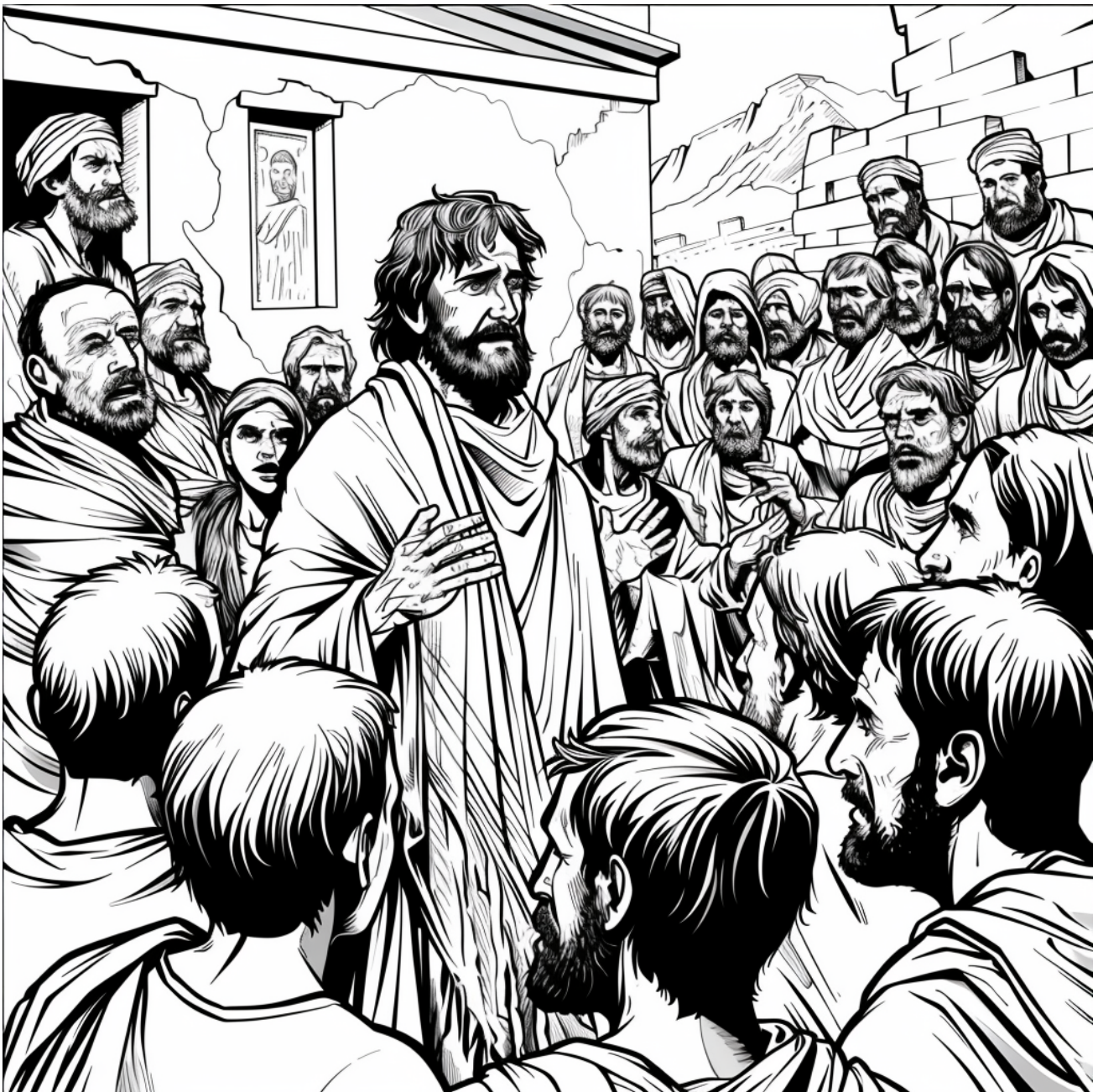
## Lacking Faith

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-gkHQn5ebUMkPI-WelyXEdk>

## Scripture - Mark 6:1-6

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

Jesus went to his home town and his disciples accompanied him. With the coming of the sabbath he began teaching in the synagogue and most of them were astonished when they heard him. They said, 'Where did the man get all this? What is this wisdom that has been granted him, and these miracles that are worked through him? This is the carpenter, surely, the son of Mary, the brother of James and Joset and Jude and Simon? His sisters, too, are they not here with us?' And they would not accept him. And Jesus said to them, 'A prophet is only despised in his own country, among his own relations and in his own house'; and he could work no miracle there, though he cured a few sick people by laying his hands on them. He was amazed at their lack of faith. The Gospel of the Lord.

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

## Scripture Reflection -

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

When have you experienced a lack of faith? The residents of Jesus' hometown displayed just such a lack. You might ask, 'Faith in what?' The answer is faith in God and in Jesus. But it's also about how they affirmed life. Faith is fundamentally about trust—trusting that ultimately, everything will be all right. Faith isn't just about knowledge. As the 11th-century theologian Anselm discussed, it is about 'faith seeking understanding,' in that specific order. Notice that understanding comes last, akin to seeing in the dark. At night, when you turn off all the lights, it's hard to see. But given time, our eyes adjust. We begin to build faith when we start to trust the environment around us. We develop faith when we are willing to step into challenging spaces, choose the harder path over the easier one, and accept that we don't have all the answers. Jesus serves as a doorway leading us to God. Do we choose to recognize a world larger than what we can see or understand?

## 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. Why do you think the people in Jesus' home town lacked faith?
3. When in your life have you needed faith?
4. How do we build faith?

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

1. May we deepen our faith and trust in God, helping us to see beyond our immediate perceptions and recognize the divine presence in our lives. Lord hear us. **ALL** - Lord hear our prayer.
2. May we find in Jesus a source of how to live our lives, and may our eyes adjust to the spiritual light from Jesus who guides us in the darkness. Lord hear us. **ALL** - Lord hear our prayer.
3. May we be open to the teachings of Christ, even when they challenge us, and grow in faith through the difficult paths we choose that lead us closer to God. Lord hear us. **ALL** - Lord hear our prayer.
4. May we receive the grace to see God's work in our lives and in the world around them, growing in understanding as we walk in faith not by our first sight or understanding. Let us pray to the Lord. Lord hear us. **ALL** - Lord hear our prayer.
5. May we embrace the journey of faith-seeking understanding, trusting in God's greater plan, and recognizing the many ways Jesus calls us to follow Him. Lord hear us. **ALL** - Lord hear our prayer.

5. Are there any other prayer?

## Closing prayer

Loving God, as we close this gathering, we ask for the grace to deepen our faith and trust in You. May the challenges and uncertainties we encounter lead us not into doubt but toward a stronger, more enduring faith. Just as Jesus was not recognized in His own hometown, help us to see beyond our preconceptions and embrace Your truth in all its fullness. Grant us the courage to follow where You lead, trusting that in every dark moment, Your light will guide us to greater understanding and peace. Amen.

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