

Mindful Colouring

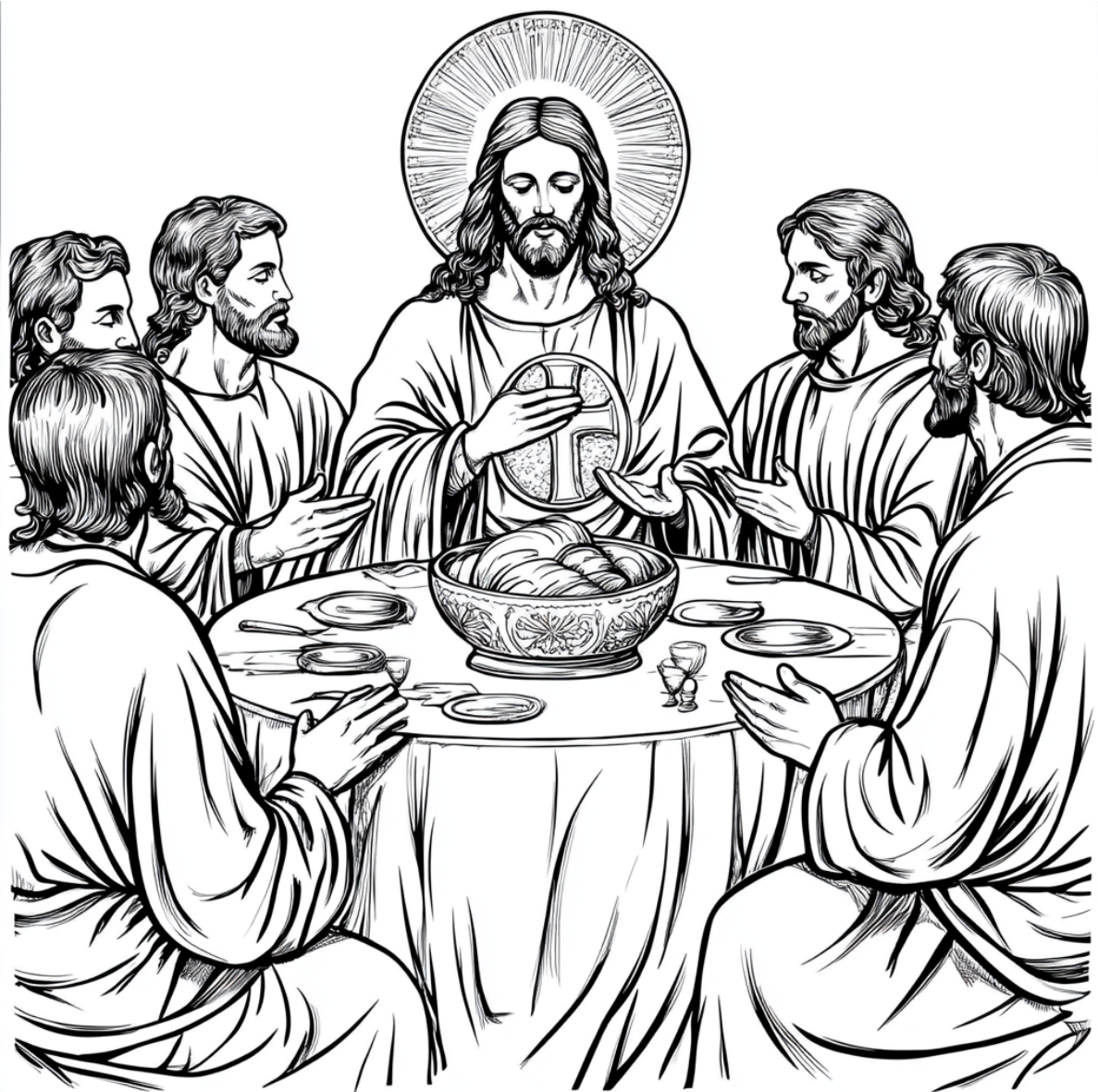
Bread of life

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=08Wk9Z_6mvQ&list=PLsvDuzoHg-g8gcRasjqtX5RTO0xyrSRFg

Scripture - John 6:41-51*Assign different readers to read the different colours below....*

Anyone who eats this bread will live for ever. The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other. 'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me. Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. 'I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die. I am the living bread which has come down from heaven. Anyone who eats this bread will live for ever; and the bread that I shall give is my flesh, for the life of the world.' The Gospel of the Lord.

Response - Praise to you Lord Jesus Christ.

Scripture Reflection -*Take it in turns to read a paragraph...*

Who is Jesus? How can Jesus be bread? How can a person be bread? Why is Jesus saying this? How does this relate to Jewish tradition and history? How does this relate to us? These are questions that the early Christians would have pondered as Jesus taught, "I am the bread of life." This teaching is connected to the ancient Jewish story when the angel of death passed over the houses of Israel while they were in slavery in Egypt.

Around 1200 BCE, the Jewish people were enslaved in Egypt. God sent Moses to help free them from slavery. To change Pharaoh's mind, God sent ten plagues. Despite this, Pharaoh did not listen to God or Moses. The final plague involved the angel of death, who came to take the life of the firstborn in each household. However, if there was lamb's blood on the door, the angel of death would pass over that house. The lamb's blood protected the people, and after this, the Jewish people were freed from slavery.

Christians see Jesus as the Lamb of God. At Jesus' crucifixion, His blood was spilled when a Roman soldier pierced His side with a spear. In the Last Supper scene, Jesus is speaking about future events, but His followers were confused by the meaning of "Jesus is the bread of life." They struggled to understand that Jesus came not only to free people from physical slavery, as with the Jews in the desert, but also to free humanity from spiritual slavery to sin.

Jesus was soon killed, but God overcame this sin and death by bringing Jesus back to life. When Christians celebrate the Last Supper, they remember what Jesus has already done. That God overcome sin and death and brought new life. For Catholics and Orthodox Christians, we believe that the Last Supper meal truly becomes the body and blood of Jesus Christ. Though it may look like bread and wine, through God's power, it becomes the body and blood of Jesus. When we eat the bread and drink the wine, we become like Jesus. Both inside and out. This can be confusing, and the early disciples were certainly confused as well.

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 question*

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| 1. What happened to the Jewish people in 1200BCE? | 4. How can Jesus be bread and wine? |
| 2. What is the connection between the Jewish story and Jesus' death and resurrection? | 5. Why is this confusing? |
| 3. What does Jesus mean "I am the bread of life"? | 6. How can the bread and wine shape who we are today? |

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

- Lord, we pray for a deeper understanding and reverence for the mystery of the Eucharist, that we may fully recognize Jesus as the true bread of life, nourishing our souls and guiding us closer to You. We pray to the Lord.
ALL - Lord hear our prayer.
- Lord, we pray for all who struggle to understand or accept the teachings of Jesus, especially the mystery of His presence in the Eucharist. May the Holy Spirit enlighten their minds and hearts with the gift of faith. We pray to the Lord
ALL - Lord hear our prayer.
- Lord, we pray for all those who are trapped in spiritual slavery, bound by sin, addiction, or despair. Through the power of Jesus, the Lamb of God, may they find freedom, healing, and new life.
ALL - Lord hear our prayer.

4. Lord, we pray that we may grow in our appreciation of the rich history and traditions of our faith, understanding how they guide us today. May we draw strength from the stories of deliverance in Scripture as we navigate our own spiritual journeys. We pray to the Lord.

ALL - Lord hear our prayer.

5. Lord, we pray for the unity of all Christians, that we may come together in the celebration of the Eucharist, recognizing the presence of Christ in the breaking of the bread, and working towards the reconciliation of all who follow Jesus. We pray to the Lord.

ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Loving Father, we thank You for the gift of Your Son, Jesus, the true bread of life, who nourishes our souls and frees us from the bondage of sin. As we reflect on the mystery of the Eucharist and the profound love that led Jesus to sacrifice Himself for us, may our hearts be filled with gratitude and faith. Help us to embrace the teachings of Christ, deepening our understanding of His presence in our lives, and may we always seek to live in the freedom and grace that He offers. Guide us as we go forth, strengthened by this spiritual nourishment, to love and serve others in Your name. Amen.

Final Song

Your grace is enough - *please sing*

https://www.youtube.com/watch?v=YvIB_veig5s

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