

# Mindful Colouring

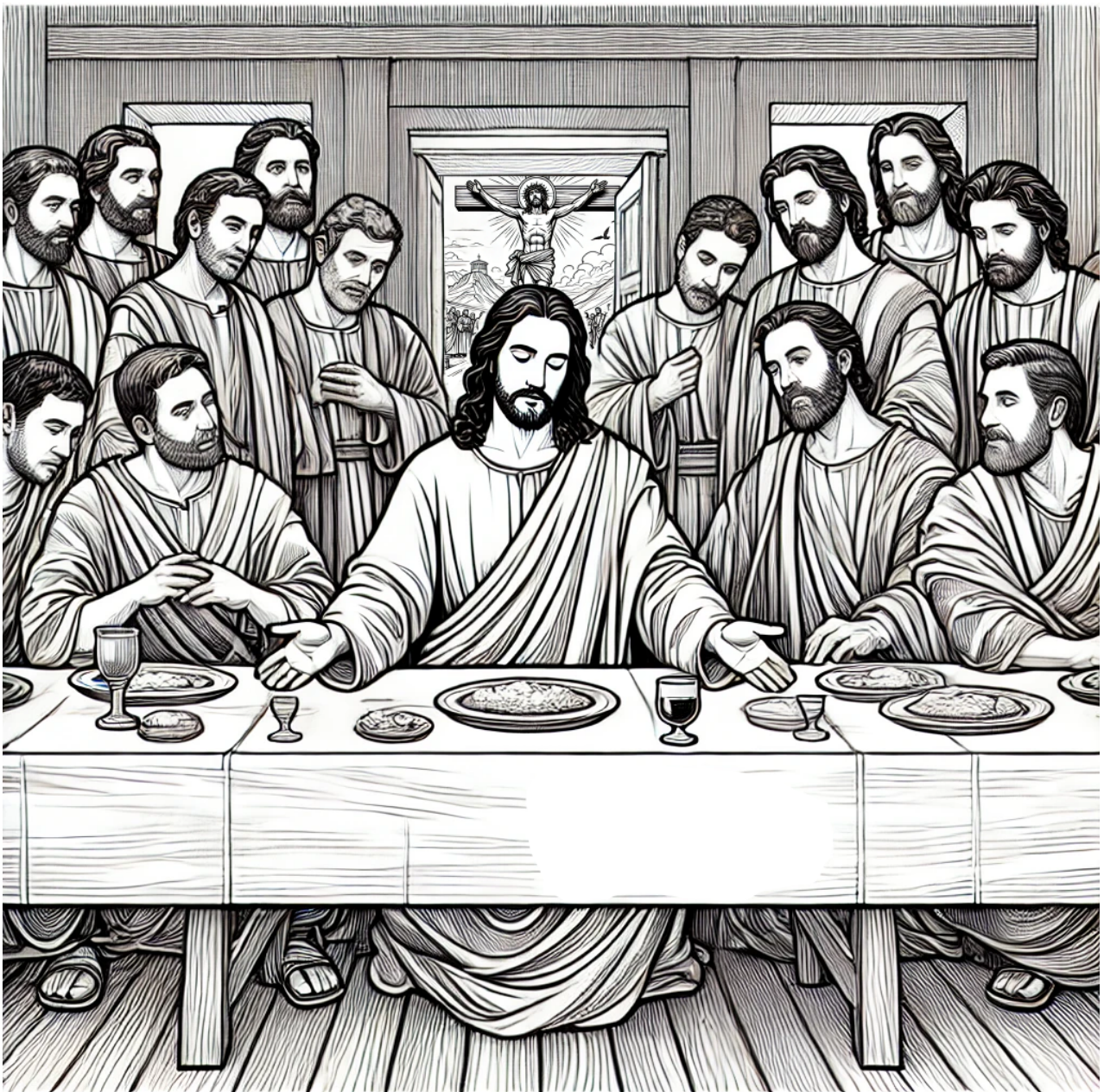
## Eucharist

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=3ch6eXkQWU8&list=PLsvDuzoHg-g9pft2ZX5UC3M\\_cwHV3b62B](https://www.youtube.com/watch?v=3ch6eXkQWU8&list=PLsvDuzoHg-g9pft2ZX5UC3M_cwHV3b62B)

### Scripture - John 6: 51-58

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

My flesh is real food and my blood is real drink Jesus said to the crowd: '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.' Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied: 'I tell you most solemnly, if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you. Anyone who does eat my flesh and drink my blood has eternal life, and I shall raise him up on the last day. For my flesh is real food and my blood is real drink. He who eats my flesh and drinks my blood lives in me and I live in him. As I, who am sent by the living Father, myself draw life from the Father, so whoever eats me will draw life from me. This is the bread come down from heaven; not like the bread our ancestors ate: they are dead, but anyone who eats this bread will live for ever.' The Gospel of the Lord.

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

### Scripture Reflection -

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

Some people today do not believe that Jesus is God. Others do not believe in the existence of God at all. They may feel they have no need for God, or they struggle to reconcile the nature of God with their understanding. They might ask questions like, "Why does God allow suffering?" "How can God become a person?" or "If God existed, wouldn't He/She fix everything?" These are questions about life or existential questions—that do not have easy answers.

Let's take God out of the equation for a moment and suppose He does not exist. We may not have accepted the objective truth that God is real. However, Jesus does not leave us standing on the beach; He gets us moving. Jesus says to Peter, 'Set out into deep water and let down your nets.' Jesus calls us out of our comfortable and familiar lives and into a deeper, unfamiliar reality. We must be willing to go on this journey. We can come to know God through our personal and subjective experiences, through our own stories.

In today's Gospel, Jesus doesn't say, "Learn about me" or "Know all the theories and knowledge there is to know." Like we do in maths or science. Instead, Jesus says, "Eat my flesh" and "Drink my blood." In a deeply personal and intimate way. He is inviting each person to physically interact with Him. Jesus' words are not just words; they have real effects on the Christian life. Jesus wants to come into our lives—not by forcing His way in, but by inviting us to a personal encounter. To taste God.

Think about it: what your parents ate 50 years ago, or what your great-great-grandparents ate 120 years ago, is a part of who you are today. You are what you eat. But, what Jesus proposes is not just a physical reality, but a spiritual one. If we truly believe that the bread and wine are the body and blood of Jesus, it will transform who we are. The question, "Who do you say Jesus is?" will influence the next question: "Who do you say you are?" Our lives are more than what they seem. They are interconnected as we learn what it means to become children of God—not just in theory, but in the present moment.

### 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*

1. Is there a God? What is your evidence?
2. Who is Jesus?
3. What happens if we do not believe in Jesus?
4. If you have no faith, how does this affect our lives?
5. What further questions might be raised about this?
6. How can people taste God?
7. How do we build faith in 3 ways?
8. What happens when we eat the bread and the wine? Does it mean anything? What is the evidence?

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

1. For all Christians, that we may deepen our faith in Jesus Christ, not just through knowledge, but by fully embracing His presence in our lives, especially in the Eucharist. May we truly understand and live the mystery of His body and blood. We pray to the Lord.  
**ALL** - Lord hear our prayer.
2. For those who struggle with doubt or question the existence of God, that they may encounter the love and truth of Christ in a way that transforms their hearts and minds, leading them to a deeper understanding of His presence in their lives. We pray to the Lord  
**ALL** - Lord hear our prayer.
3. For the Church, that we may be united not only in our beliefs but also in our actions, living out our faith by becoming true children of God and reflecting Christ's love in all that we do. We pray to the Lord  
**ALL** - Lord hear our prayer.

4. For all people, that we may be open to God's invitation to allow Him into our lives, recognizing that through our interaction with Jesus in the Eucharist, we are called to become more than we are—to grow in both spiritual and physical communion with Him. We pray to the Lord.

**ALL** - Lord hear our prayer.

5. For those who question or reject the teachings of Christ, that we, as a community, may respond with understanding and compassion, offering a witness to the truth of the Gospel through our lives, and helping others to see the profound impact of Jesus' words and actions. 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 Christ, who invites us into a deep and transformative relationship with Him through the Eucharist. As we go forth, help us to embrace the mystery of His presence in our lives, not just in words but in our actions. Grant us the grace to be open to His invitation, allowing His body and blood to nourish us and make us more like Him each day. May we always seek to live as true children of God, bringing His love and truth to a world in need. We ask this in the name of Jesus Christ, our Lord. Amen.

#### **Final Song**

How great thou art - *please sing*

[https://www.youtube.com/watch?v=SQrd\\_KDV2y4](https://www.youtube.com/watch?v=SQrd_KDV2y4)

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