

# Mindful Colouring

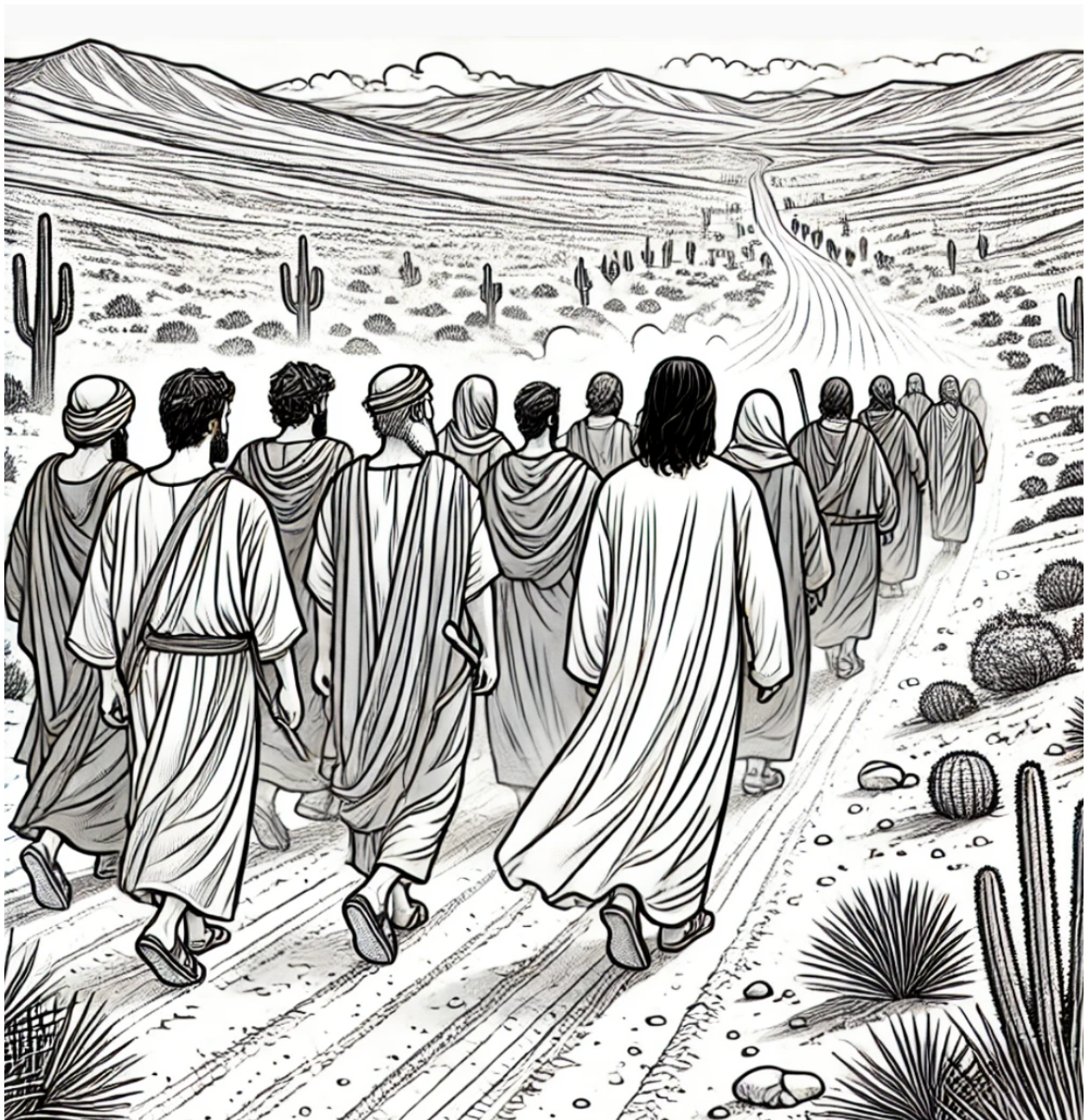
## The Cost of Discipleship

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 you're 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=1ohvhmGSfxI&list=PLsvDuzoHg-g-RjLBROPDihZBft9GkXSGp>

**Scripture - John 6: 60-69**

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

60 When many of his disciples heard it, they said, ‘**This teaching is difficult; who can accept it?**’ 61 But Jesus, being aware that his disciples were complaining about it, said to them, ‘**Does this offend you?** 62 **Then what if you were to see the Son of Man ascending to where he was before?** 63 **It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life.** 64 **But among you there are some who do not believe.**’ For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. 65 And he said, ‘**For this reason I have told you that no one can come to me unless it is granted by the Father.**’

66 Because of this many of his disciples turned back and no longer went about with him. 67 So Jesus asked the twelve, ‘**Do you also wish to go away?**’ 68 Simon Peter answered him, ‘**Lord, to whom can we go? You have the words of eternal life. 69 We have come to believe and know that you are the Holy One of God.**’

The Gospel of the Lord.

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

**Scripture Reflection -**

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

This passage comes towards the end of John 6, a chapter that is central to the theme of Jesus as the Bread of Life. Earlier in the chapter, Jesus performs the miracle of feeding the 5,000 and then delivers the Bread of Life discourse, where He explains that He is the true bread that came down from heaven, and that whoever eats His flesh and drinks His blood will have eternal life. This teaching was difficult for many of His followers to accept, as it challenged their understanding and comfort zones.

Verse 60 - Jesus’ teaching on eating His flesh and drinking His blood was radical and shocking, even for those who had been following Him. The language He used was not only difficult to understand but also seemed blasphemous or abhorrent to Jewish sensibilities. This verse highlights the initial reaction of many of His disciples—they found the teaching intolerable, leading to confusion and discomfort.

Verse 61 - Jesus, fully aware of the murmuring among His followers, challenges them with a rhetorical question. He acknowledges their struggle with His teaching but points to a greater reality: His ascension. Jesus suggests that if they are troubled by His current teachings, how will they respond when they witness even more profound mysteries, such as His ascension back to heaven? The reference to the ascension implies that Jesus’ authority and identity transcend human understanding and are rooted in His divine origin.

Verse 63 - Here, Jesus distinguishes between the physical and the spiritual. When He speaks of "the flesh," He is not referring to the literal flesh but rather to the limitations of human understanding and effort without the Spirit. The Spirit gives life because it opens up the deeper, divine meaning behind Jesus’ words. His teaching, when understood spiritually, brings life, as it conveys the truths of God’s kingdom and eternal life.

Verse 64 - Jesus knew from the beginning the hearts of His followers, including who would believe and who would not. This statement introduces the reality of unbelief within His own circle of disciples and foreshadows the betrayal by Judas. Jesus emphasizes that belief is not merely intellectual assent but involves trust and faith in Him as the source of life.

Verse 65 - Jesus reiterates a theme from earlier in the chapter (John 6:44), emphasizing that coming to Him is not purely a human decision but a response to the Father’s drawing. Faith and acceptance of Jesus’ teachings are ultimately gifts from God, dependent on the Father’s or God’s initiative.

Verse 66 - This verse marks a turning point, as many who had followed Jesus up to this point could not accept His hard teachings and chose to leave. This mass departure reveals the cost of discipleship—following Jesus requires embracing difficult truths and trusting in His authority, even when it challenges existing beliefs.

Verses 67-69 - In these verses, Jesus turns to the Twelve, the core group of His disciples, and confronts them with a choice. Peter, often the spokesperson for the group, responds with a profound confession of faith. His words, "Lord, who shall we go to? You have the message of eternal life," reflect a deep recognition that despite the challenges and the hard teachings, Jesus alone offers the words of eternal life. Peter’s declaration, "We know that you are the Holy One of God," affirms Jesus’ unique divine identity and mission.

This passage challenges believers to consider the cost of discipleship. Jesus’ teachings are not always easy to understand or accept, and following Him may involve moments of doubt and difficulty. However, as Peter’s confession highlights, Jesus alone offers the path to eternal life. The passage emphasizes the importance of faith that goes beyond surface-level understanding and trusts in the deeper spiritual truths revealed by Christ.

**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. What are some teachings of Jesus that you find difficult to understand or accept?
2. How do you respond when faced with such challenges in your faith?
3. When faced with the temptation to turn away from difficult aspects of your faith, how do you find the strength to stay committed to following Jesus?
4. What does this passage teach you about the cost of discipleship, and how can you prepare yourself to embrace this cost in your own life?
5. How can you cultivate a deeper understanding of Jesus' teachings, even when they challenge your current beliefs or lifestyle?

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

1. Lord, grant Your Church the grace to always stand firm in faith, even when Your teachings are difficult to understand. May we, like Peter, recognize that You alone have the words of eternal life and remain steadfast in our commitment to follow You. We pray to the Lord.  
**ALL** - Lord hear our prayer.
2. Lord, we pray for all who are struggling with doubt or find it difficult to accept certain aspects of their faith. May they be filled with the Holy Spirit, who gives life and understanding, and may they find strength and clarity in Your words. We pray to the Lord.  
**ALL** - Lord hear our prayer.
3. Heavenly Father, we acknowledge that faith is a gift from You. We ask You to open the hearts of those who are searching for truth, that they may be drawn to Your Son, Jesus Christ, and come to believe in Him as the Holy One of God. We pray to the Lord.  
**ALL** - Lord hear our prayer.
4. Lord, we pray for those who have walked away from their faith due to difficult teachings or life circumstances. May they experience Your love and mercy anew, and be led back to the path of eternal life. We pray to the Lord.  
**ALL** - Lord hear our prayer.
5. Lord Jesus, help us to embrace the cost of discipleship with courage and faith. When faced with challenges, may we always choose to follow You, trusting in Your promise of eternal life and Your presence with us. We pray to the Lord.  
**ALL** - Lord hear our prayer.

5. Are there any other prayer?

**Closing prayer**

Loving Father, as we reflect on the challenging teachings of Your Son, Jesus Christ, we ask for the grace to remain steadfast in our faith. Strengthen us to embrace the difficult truths of discipleship with courage and trust, knowing that You alone have the words of eternal life. Fill us with Your Spirit, who gives life and understanding, so that we may follow You faithfully, even when the path is hard. May our hearts always recognize Jesus as the Holy One of God, and may we walk with Him, confident in His promise of eternal life. We ask this in His holy name. Amen.

**Final Song**

Follow You Anywhere - *please sing*

<https://www.youtube.com/watch?v=-vw0nGONKy0>

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