

Mindful Colouring

Be like a child

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=WUCKIKThO3M&list=PLsvDuzoHg-g8YAUUnr-IVGLJYVnQ4xWt2M>

Scripture - Mark 9:30-37

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

Anyone who welcomes one of these little children in my name welcomes me Jesus and his disciples made their way through Galilee; and he did not want anyone to know, because he was instructing his disciples; he was telling them, 'The Son of Man will be delivered into the hands of men; they will put him to death; and three days after he has been put to death he will rise again.' But they did not understand what he said and were afraid to ask him. They came to Capernaum, and when he was in the house he asked them, 'What were you arguing about on the road?' They said nothing because they had been arguing which of them was the greatest. So he sat down, called the Twelve to him and said, 'If anyone wants to be first, he must make himself last of all and servant of all.' He then took a little child, set him in front of them, put his arms round him, and said to them, 'Anyone who welcomes one of these little children in my name, welcomes me; and anyone who welcomes me welcomes not me but the one who sent me.' The Gospel of the Lord.

Response - Praise to you Lord Jesus Christ.

Scripture Reflection -

Take it in turns to read a paragraph...

In this Gospel, Jesus turns the idea of greatness upside down. In the kingdom of God, greatness is not about status or power but about humility, service, and putting others first. Jesus models this through His life and will ultimately demonstrate it through His sacrificial death.

While Jesus has just spoken about His impending suffering, the disciples are caught up in worldly concerns about status and rank. This shows their human tendency toward pride and ambition, which contrasts with Jesus' message of humility. This highlights the disciples' confusion and lack of full understanding. They have a hard time grasping why the Messiah would have to suffer, as they expect a powerful political leader, not a suffering servant.

In Jesus' time, children were considered of low social status, dependent and powerless. By using a child as an example, Jesus teaches that true greatness comes from embracing humility and serving those who are vulnerable and dependent. Welcoming such people, especially the "least" or "excluded" in society, is akin to welcoming Jesus and, by extension, God the Father.

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. Why do you think Jesus told His disciples that He was going to **die** and **rise** again? How does that show His **love** for us?
2. The **disciples** were arguing about who was the **greatest**. Why do you think Jesus wants us to be **humble** instead of trying to be the **best**?
3. What does it mean to you to be a "**servant of all**"? How can you help and serve others in your family or at school?
4. Jesus used a **child** as an example of who we should welcome and care for. How can you be **kind** and **welcoming** to others, especially those who are younger or in need of help?
5. When Jesus says "**the first will be last**," what do you think He is teaching us about **being a good person**?
6. Do you ever feel like you want to be the most **important** or the **best**? How can Jesus' example help you **think differently** about what really matters?
7. If Jesus asked you to welcome someone who **feels left out** or **lonely**, how would you **show them kindness**? How can you do this at school or with your friends?

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

1. For the Church - May the Church follow Christ's example of humility and service, always seeking to lift up those in need and welcoming all with love. We pray to the Lord.
Response: Lord, hear our prayer.
2. For World Leaders - That those in positions of power may lead with humility, focusing not on status or wealth but on serving the most vulnerable in society. We pray to the Lord.
Response: Lord, hear our prayer.
3. For Our Communities - May we learn to be kind and humble, always striving to serve one another and showing special care to the children, the poor, and the marginalized. We pray to the Lord.
Response: Lord, hear our prayer.
4. For Young People - That children and young people may grow in the spirit of Jesus, seeking not to be the greatest but to love, serve, and care for others with humility and generosity. We pray to the Lord.
Response: Lord, hear our prayer.

5. For Our Personal Growth - May we open our hearts to Jesus' teachings and follow His path of humility, always ready to put others before ourselves and to serve with love. We pray to the Lord.

Response: Lord, hear our prayer.

6. Are there any other prayer?

Closing prayer

Loving God, thank You for teaching us that true greatness comes through humility and service. Help us to follow Jesus' example by putting others first, especially those who are vulnerable or in need. Fill our hearts with kindness and guide us to welcome and care for others with love. Strengthen us to live each day with compassion, always choosing to serve as You have shown us. Amen.

Final Song

Matt Redman - The Heart Of Worship

<https://www.youtube.com/watch?v=OD4tB1o6YLw>

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