

Mindful Colouring

Advent Week 3 - John the Baptist

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.

Invite participants to begin colouring



Song - Thy Word - Amy Grant

<https://www.youtube.com/watch?v=a6LC8cu03lg>

Gospel - John 1:6-8, 19-28

There was a man sent from God, whose name was John. He came as a witness to testify to the light, so that all might believe through him. He himself was not the light, but he came to testify to the light. This is the testimony given by John when the Jews sent priests and Levites from Jerusalem to ask him, 'Who are you?' He confessed and did not deny it, but confessed, 'I am not the Messiah.' And they asked him, 'What then? Are you Elijah?' He said, 'I am not.' 'Are you the prophet?' He answered, 'No.' Then they said to him, 'Who are you? Let us have an answer for those who sent us. What do you say about yourself?' He said, 'I am the voice of one crying out in the wilderness, "Make straight the way of the Lord" ', as the prophet Isaiah said.

Now they had been sent from the Pharisees. They asked him, 'Why then are you baptizing if you are neither the Messiah, nor Elijah, nor the prophet?' John answered them, 'I baptize with water. Among you stands one whom you do not know, the one who is coming after me; I am not worthy to untie the thong of his sandal.' This took place in Bethany across the Jordan where John was baptizing.

The Gospel of the Lord.

ALL - Praise to you Lord Jesus Christ.

Gospel Reflection

John 1:6-8, 19-28 introduces John the Baptist, a key figure sent by God to pave the way for Jesus Christ. This passage emphasizes that John was not the Messiah or a prophetic figure like Elijah, but rather a witness to "the light" — a metaphor for Christ and his teachings. His role was to prepare people for Jesus' arrival and to encourage belief in him. When religious leaders questioned John's identity and purpose, he clarified that he was not the awaited Messiah but a voice calling in the wilderness, fulfilling Isaiah's prophecy by preparing the path for the Lord. His practice of baptizing with water was a symbol of this preparatory work. John's humility is highlighted in his admission of unworthiness even to untie the sandals of the one (Jesus) who would follow him, indicating the greater significance of Jesus' ministry. This narrative, set in Bethany across the Jordan, lays the groundwork for understanding John's role in the larger context of the Gospel, underscoring his mission to direct attention to Jesus, the true light.

Silent Reflection

Silently reflect on the today's gospel and its meaning for us today. Reflect on the questions for reflection.

Discussion

1. How does John the Baptist prepare the way?
2. How can a person today remain true to their purpose amidst external pressures and expectations?
3. Why is conversion important? Do we need conversion throughout our lives?
4. How can we prepare the way for the Lord in our own lives?

Prayers of the faithful

1. Dear God, teach us to listen to the prophets of our time. May our hearts be open to God speaking in ways we do not expect. Lord hear us.

ALL - Lord hear our prayer.

2. Dear God, teach us the ways of conversion. To change from those things which prevent us from loving you and loving each other. Change us. Change our hearts and change our minds. Give us faith.

ALL - Lord hear our prayer.

3. Are there any other prayer?

ALL - Lord hear our prayer.

Closing Prayer

Heavenly Father, we thank You for the faithful witness of John the Baptist, who prepared the way for Your Son, Jesus Christ. As we reflect on his testimony, grant us the humility to recognize our role as witnesses to Your light in this world. Help us to understand our identity and purpose in You, and guide us to live out our faith authentically, being true to the calling You have placed on our lives. Lord, inspire us to prepare our hearts and minds, and to help others do the same, so that we may all be receptive to Your truth and love. May we walk in the footsteps of John the Baptist, boldly proclaiming Your message and living out our faith with courage and conviction. In Jesus' name, we pray, Amen.