

Mindful Colouring

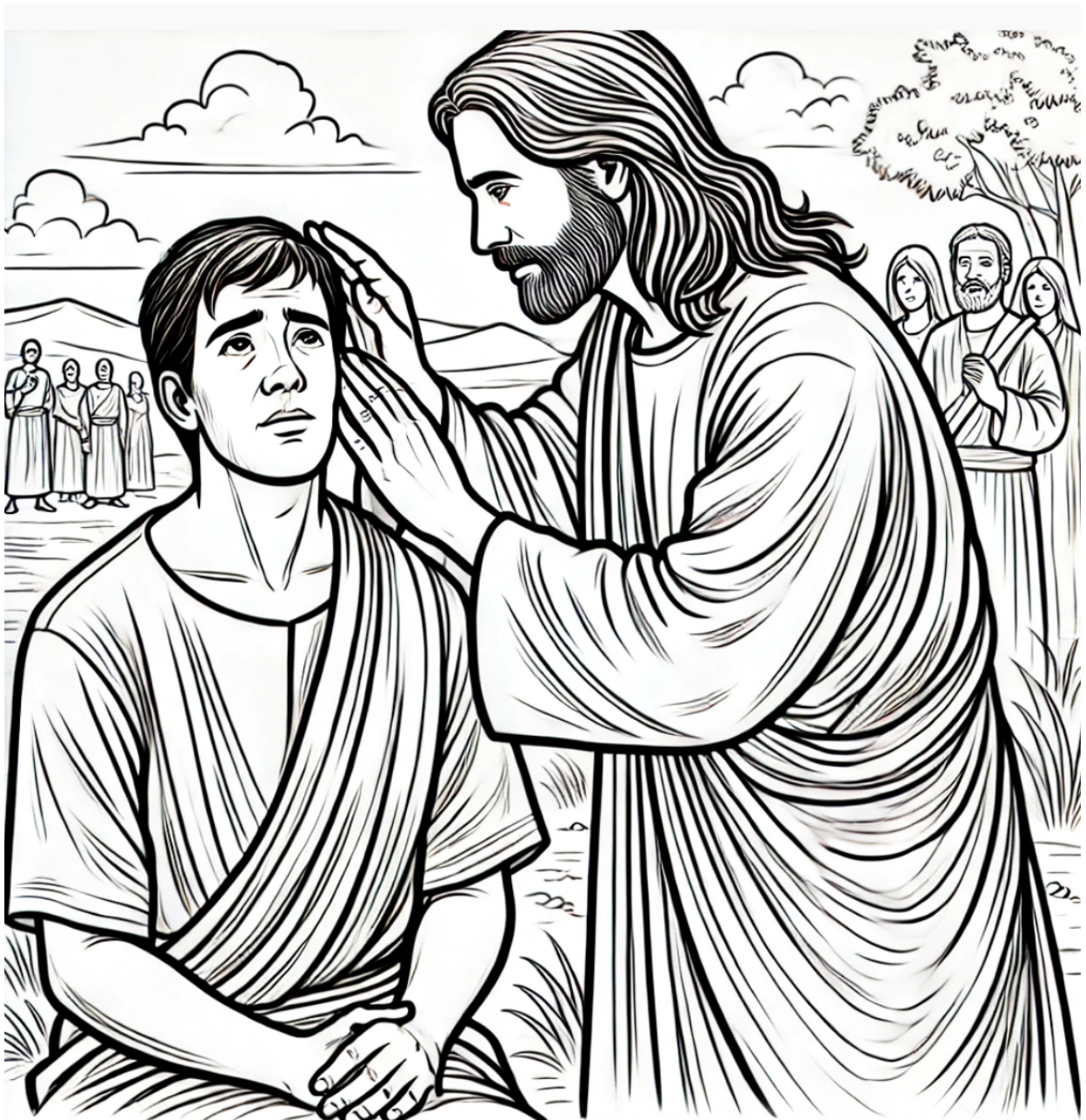
Ephphatha

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=GWsVGxqix8g&list=PLsvDuzoHg-g9uwtes-zrqae1lgSQaYcm>

Scripture - Mark 7:31-37

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

Returning from the district of Tyre, Jesus went by way of Sidon towards the Sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha', that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said 'he makes the deaf hear and the dumb speak.' The Gospel of the Lord.

Response - Praise to you Lord Jesus Christ.

Scripture Reflection -

Take it in turns to read a paragraph...

In today's Gospel, Jesus heals a man who could neither hear nor speak. Jesus uses the Aramaic word "Ephphatha," which means "be opened." This same prayer is used during Baptism, where the priest or deacon touches our ears and lips, praying that we, too, might be able to hear and speak the word of God.

However, in our lives today, we may not always be open to hearing God's word or recognise God's will. At times, we may lack the courage or ability to speak the truth. There may be obstacles in our lives that block us from experiencing the deeper reality of God, who is often hidden within our lives.

What do we need in our lives to more fully hear God's voice speaking to us? What do we need to be able to speak and live in God's way? These questions are personal and unique for each of us. But the first step is acknowledging that we do not have all the answers. We must realize that we need God, we need each other, and we need Jesus to open our ears and free our tongues, not just in a physical sense, but in a deeper spiritual way.

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 does the word "Ephphatha" mean, and how is it used in Baptism?
2. Why do you think Jesus healed the man who couldn't hear or speak? How does this relate to our own lives today?
3. What are some things that might stop us from hearing or understanding God's word in our daily lives?
4. In the Gospel story, what does it mean to "hear and speak the word of God"? How can we do this in our own lives?
5. Why is it important to recognize that we need God's help to hear and speak His truth? How can we ask for this help?

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

1. Lord, we pray that our hearts, minds, and ears may be open to hear Your word in our daily lives. Help us to be attentive to Your voice and follow Your will. We pray to the Lord.
ALL - Lord hear our prayer.
2. Lord, grant us the courage to speak Your truth with love and kindness. May we always proclaim Your message of hope and peace to others. We pray to the Lord.
ALL - Lord hear our prayer.
3. Lord, we pray for all those who feel unable to hear or speak Your word in their lives. May they experience Your healing presence and be freed from whatever holds them back. We pray to the Lord.
ALL - Lord hear our prayer.
4. Lord, we ask for the wisdom to live according to Your will. Help us to follow Your path and share Your love with others through our words and actions. We pray to the Lord.
ALL - Lord hear our prayer.
5. Lord, open our eyes, ears, and hearts to the deeper spiritual realities in our lives. May we always be aware of Your presence, and may we respond faithfully to Your call. We pray to the Lord.
ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Loving God, we thank You for opening our ears to hear Your word and our hearts to receive Your truth. As we go forth from this gathering, help us to remain open to Your voice in our lives, guiding us in every step we take. Grant us the courage to speak Your love and wisdom to those we encounter, and the grace to live in a way that reflects Your will. May Your Spirit continue to free us from anything that keeps us from fully hearing and living in Your presence. We ask this in Jesus' name. Amen.

Final Song

Run to the Father

<https://www.youtube.com/watch?v=QyCLC67GC9U>

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