

1. Gather & Share Food / Drink 25 MINS

2. Worship Music 10 MINS

3. Read the Sunday Gospel 5 MINS

JOHN 6:41-51

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?'

Jesus said in reply, 'Stop complaining to each other. 'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day. It is written in the prophets: They will all be taught by God, and to hear the teaching of the Father, and learn from it, is to come to me.

Not that anybody has seen the Father, except the one who comes from God: he has seen the Father. I tell you most solemnly, everybody who believes has eternal life. I am the bread of life. Your fathers ate the manna in the desert and they are dead; but this is the bread that comes down from heaven, so that a man may eat it and not die.

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.'

4. Personal Sharing based on the Gospel 5-10 MINS

In the weeks before meeting today, a member of the group was invited to prepare a short, 5-10 minute sharing on how this Gospel reading connects with their life and relationship with Jesus. They have considered the questions below in the process of preparing their sharing:

- a. The reading this week tells us that we will all be taught by God. How do you hear the teaching of the Father and come close to Jesus? Detail an instance in your life where you opened yourself up to learning more about God's love and plan for your life. Was it through prayer? Scripture? Sacraments? Through others on the journey with you? Perhaps it was a combination of all of these things?
- b. This reading is pointing us to the bread of life we have in the Eucharist, the bread of eternal life. How have you come to appreciate the closeness of Jesus when you receive Eucharist? Why is Eucharist so important to you? What about scripture, the word, who became flesh? Can you share a time when the word of God really transformed you, taught you, fed you, or brought you closer to Jesus?

5. Smaller Group Discussion 20 MINS

Break into smaller sharing groups of 3-5 people and discuss the following questions.

- a. What really struck you from the personal sharing? Have you had a similar experience?
- b. Respond to the sharing prompts in section 4, to break open the Gospel.
- c. What has been one high point and one challenge in your faith Journey since we last met?

6. Prayer in Small Groups 15 MINS

Remain in your smaller discussion groups for a time of prayer.

- a. Conscious of what has just been shared, briefly name/describe your prayer needs.
- b. Intentionally call on the Holy Spirit to be present (e.g. "Come Holy Spirit, please be present as we pray")
- c. Move to prayers of thanks and praise to God
- d. Pray for each other's prayer needs. Where appropriate, you may like to encourage the group to place a hand on the shoulder of the individual that you are currently praying for.
- e. Conclude your prayer time with another prayer of praise, perhaps reciting the 'Glory Be' or similar prayer.

7. Closing Prayer 5 MINS

After you have had time to pray for one another in your smaller groups, a leader closes the evening with a final prayer in the large group.