

1. Gather & Share Food / Drink 25 MINS

2. Worship Music 10 MINS

3. Read the Sunday Gospel 5 MINS

JOHN 6:60-69

After hearing his doctrine many of the followers of Jesus said, 'This is intolerable language. How could anyone accept it?'

Jesus was aware that his followers were complaining about it and said, 'Does this upset you? What if you should see the Son of Man ascend to where he was before?'

'It is the spirit that gives life, the flesh has nothing to offer. The words I have spoken to you are spirit and they are life.'

'But there are some of you who do not believe.' For Jesus knew from the outset those who did not believe, and who it was that would betray him. He went on, 'This is why I told you that no one could come to me unless the Father allows him.' After this, many of his disciples left him and stopped going with him.

Then Jesus said to the Twelve, 'What about you, do you want to go away too?' Simon Peter answered, 'Lord, who shall we go to? You have the message of eternal life, and we believe; we know that you are the Holy One of God.'

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:

- Jesus has just shared boldly that he will give us Eucharist, himself, his body and blood for us to share. His followers are agitated, and think it is intolerable. Jesus doesn't back down. He is offering us life in the Eucharist. Can you explain in your life how you have been able to embrace the mystery and power of receiving Jesus, in the Eucharist, in your life?
- Jesus often said hard uncompromising things to his disciples. What are the hard things / truths, God has revealed to you in your own life that have been hard to accept. How did it make you grow in knowledge and understanding of God, love, mercy and truth? You might alternatively like to describe a time in your life when like St Peter at the end of this reading you have had to make a choice, but knew even in the difficulty and confusion, that you could and should only go to Jesus? what happened.

5. Smaller Group Discussion 20 MINS

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

- What really struck you from the personal sharing? Have you had a similar experience?
- Respond to the sharing prompts in section 4, to break open the Gospel.
- 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.

- Conscious of what has just been shared, briefly name/describe your prayer needs.
- Intentionally call on the Holy Spirit to be present (e.g. "Come Holy Spirit, please be present as we pray")
- Move to prayers of thanks and praise to God
- 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.
- 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.