**Good Shepherd Adoration:  
Suggested songs, prayers, reflections and timings** (15mins)

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| **Step:** | **Details:** | **Timing:** |
| Exposition |  |  |
| Adoration: |  |  |
| Opening Prayer: | Lord Jesus,  We have such a gift from you…  Your body in the Eucharist.  Open our senses to the wonder of your presence! | 0.5 mins |
| Song 1: | **My Soul Rests**, by *One Hope Project* | 4.5 mins |
| Silence: |  | 2 mins |
| Reflection 1: | Lord Jesus, we come before you just as we are….  We have nothing to offer you,  but your love surrounds us none-the-less.  Please give us an experience of your love…  <PAUSE>  Sirach tells us…  ***A faithful friend is a sturdy shelter;***  ***he that has found one has found a treasure…*** (Sirach 6:14)  You are our treasure, Jesus.  You are the very best friend we could ever hope to have…  You are our *faithful* friend, Lord Jesus - our *sturdy shelter*…  You will never abandon us, even when we abandon you…  Our relationships often get messy…  They may even fail…  We bring to you now all our relationship worries…  <PAUSE>  Many of us carry relationship burdens around with us…  They are like boulders, weighing us down…  Boulders, often of unforgiveness…  We bring to you now all the times when people have hurt us, and we ask for your help to forgive them…  <PAUSE>  Too often, we also feel ashamed of the way we have acted… We bring some of those times to you now, and ask that you help us to forgive ourselves…  <PAUSE>  Whatever happens in our relationships,  you will always be there for us.  Your love, Lord Jesus, will always be there for us…  Thank you for loving us, Jesus…  Thank you for always being with us.  <PAUSE>  You will always understand us, Jesus.  You will always understand exactly what we are going through…  We know we can tell you everything…  We know that we can be ourselves with you…  We know that you will never reject us…  Please, dear Jesus, send us your peace. | 1 min  2 min  1 min  1min |
| Silence |  | 2 mins |
| Closing Prayer: | Lord Jesus,  In this great sacrament,  you are with us in a special way…  Help us to be aware of your presence with us  at every moment of our lives.  Give us the courage to seek you, with all our heart…  And help us to bring your love, peace and joy  into all of our relationships.  In your mighty name we pray,  Amen. | 1 min |