**Good Shepherd Adoration:  
Suggested songs, prayers, reflections and timings** (35mins)

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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…  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>  Thank you, Lord Jesus.  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>  When you were in the Garden of Gethsemane,  you must have been so afraid…  You shared your feelings with your friends…  St Mark tells us you said:  ***My soul is very sorrowful, even to death…***  Lord Jesus, you know all about sorrow and suffering… Whatever suffering we have experienced,  or may experience later in this life,  we know that you have experienced it first…  Help us to turn to you in *our* sorrow…  Help us to turn to you in *our* suffering…  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… | 5 mins |
| Song 2: | **Glorious Encounter**, by *One Hope Project* | 8 mins |
| Silence: |  | 2 mins |
| Reflection 2: | Jeremiah tells us:  ***For I know the plans I have for you,***  ***declares the Lord,***  ***plans for welfare and not for evil,***  ***to give you a future and a hope.***  ***Then you will call upon me and come and pray to me,***  ***and I will hear you.***  ***You will seek me and find me,***  ***when you seek me with all your heart.***  ***I will be found by you, declares the Lord…***  (Jeremiah 29:11-14)  Lord Jesus, you call us to seek you…  You promise that when we really seek you, we shall find you. Please help us to feel your presence with us, here, today…  You know us and you love us, Lord Jesus.  You have an amazing plan for our lives…  A plan that will bring us fulfilment and true happiness.  Help us to believe in the hope that this truth brings…  <PAUSE>  When you were twelve years old, Lord Jesus, your parents lost you. St Luke tells us:  ***And when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, but supposing him to be in the group they went a day’s journey, but then they began to search for him among*** ***their relatives and acquaintances, and when they did not find him, they returned to Jerusalem, searching for him. After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions***.  (Luke 2:43-46).  Mary and Joseph had to really search for you, Jesus…  They searched with everything they had…  And they found you.  Lord Jesus, please help us to *actively* search for you too…  Mary and Joseph had to go against the flow of people leaving Jerusalem, in order to find you, Lord Jesus…  We often need to go against the flow of people to find you today too…  Help us to be strong, Lord Jesus.  Help us to be brave enough to go against the flow of people,  if we need to.  Help us to never to give up.  Help us, Lord Jesus, to find you…  And how much joy your parents must have felt,  when they found you!  Please, Lord Jesus, give us a sense of that joy today too… | 5-6 mins |
| Song 3: | **Merciful Saviour**, *by One Hope Project.* | 6 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 |