**Good Shepherd Adoration for EYFS & KS1  
Suggested songs, prayers, reflections and timings** (15mins)

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| **Step:** | **Details:** | **Timing:** |
| Exposition |  |  |
| Adoration: |  |  |
| Opening Prayer: | Dear Jesus,  You are our wonderful friend!  And you are here, present in the Eucharist.  Help us to look, listen and feel your love with us today! | 0.5 mins |
| Song 1: | **My Soul Rests**, by *One Hope Project* | 4.5 mins |
| Silence: |  | 2 mins |
| Reflection 1: | Dear Jesus,  we have come to spend some quiet time with you….  We are going to just sit still,  with our eyes opened *or* closed,  and we are going to think about you…  <PAUSE>  You said:  ***“Let the little children come to me…”***  So we have come, dear Jesus…  Here is a big smile for you!  I know, Jesus, that you are smiling back at us too…  <PAUSE>  You are our best friend, Jesus.  Spending time with you makes my *heart* happy…  <PAUSE>  We can *always* be ourselves with you, Jesus…  That’s because you already know us really well!  You know us,  you like us,  and you love us lots and lots…  You even know how many hairs are on my head!  <PAUSE>  I can take you *everywhere*, dear Jesus!  When I am happy,  you see me and are happy too!  When I laugh,  you laugh with me…  And when I play,  you are there, joining in too…  <PAUSE>  Sometimes I may feel a bit sad…  Sometimes I may feel a bit scared…  But you are always with me, dear Jesus…  You always help me to feel better…  <PAUSE>  I can talk to you anytime, dear Jesus!  I don’t need a phone to talk to you…  I don’t need electricity…    I don’t need to go to Church to find you, either…  Because you are always with me…  And you are always awake!  Even in the middle of the night…  I can talk to you whenever I need to…  <PAUSE>  Sometimes I am a bit grumpy…  But you love me anyway.  You always love me…  <PAUSE>  Sometimes I make mistakes and bad choices…  But you love me anyway.  You help me to say sorry,  and to make things better…  <PAUSE>  Thank you for loving me, dear Jesus…  Thank you for always being with me… | 5 mins |
| Silence |  | 2 mins |
| Closing Prayer: | Dear Jesus,  Thank you for being our wonderful friend!  And thank you for being with us today.  You are with us in such a special way…  Please stay with us every day of our lives!  You can help us with our problems…  Please help us remember that.  We can always turn to you…  Never let us forget that!  And help us remember *just how much you love us!*  In your *mighty* name we pray,  Amen. | 1 min |