**Good Shepherd Adoration for KS2
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>St Mark tells us you said:***“Let the little children come to me…”***So we have come, dear Jesus…You are our best friend, Jesus. Spending time with you makes our *hearts* happy…You put your arms around those little children… Please wrap your arms around us today…<PAUSE>I can *always* be myself with you, Jesus… That’s because you already know me really well…You *know* me… you *like* me…and you *love* me like no-one else can…You even know how many hairs are on my head!<PAUSE>I can take you *everywhere*, dear Jesus… When I feel happy, you are with me, feeling happy too!When I laugh, you laugh *with* me…You have a great sense of humour!And when we I do well at something, you are there too, Jesus! Cheering me on and beaming with pride…<PAUSE>Sometimes I feel a bit sad…Sometimes I feel a bit scared… When I need you though, dear Jesus, you are there to hold my hand and help me feel better…<PAUSE>I can talk to you anytime… I don’t need a phone to talk to you… Or any electricity…I don’t need to go to Church to find you, either…And you are always awake!Even in the middle of the night…I can talk to you whenever I need to…<PAUSE>Sometimes I can get a bit grumpy…But you love me anyway.You *always* love me…<PAUSE>Sometimes I make mistakes and bad choices…I don’t mean to, but I do…But you love me anyway.You always love me, no matter what.When I make mistakes, you help me to say sorry…You help me to make things better with other people…Thank you for loving me, dear Jesus… Thank you for always being with me.<PAUSE>I know I can always tell you everything… I know that I can be myself with you… I know that you will never leave me… Dear Jesus, please send your love and peace to me now… | 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 |